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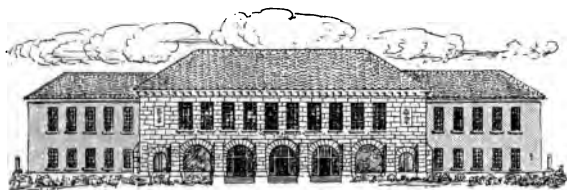
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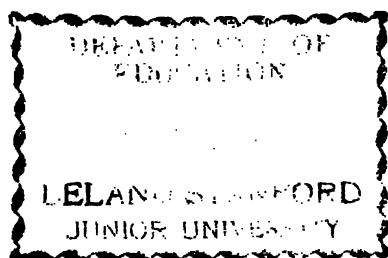


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A PRACTICAL HANDBOOK OF GAMES



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TORONTO

A PRACTICAL HAND- BOOK OF GAMES

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WITH AN INTRODUCTION
BY
M. V. O'SHEA

NEW YORK
THE MACMILLAN COMPANY

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626177

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Set up and electrotyped. Published November, 1922

PREFACE

This book is planned primarily for the use of teachers and game leaders, and the games are discussed from pedagogical and psychological standpoints. Only games which have been actually taught by the writer are described, and their chief advantages or possible limitations and disadvantages are emphasized. Representative games for each age are given, but not more than one or two of a type, because experience teaches that children thoroughly enjoy games which they know well and like, and prefer to play these again and again rather than to be learning new ones constantly. This lessens the problem of the young teacher, as it is unnecessary for her to be familiar with more than a comparatively small number of games of representative types which can always be available.

It has been the experience of the writer that many of the games described in various books do not meet with universal approval on the part of children, because the end and aim are not what they desire. I have, accordingly, taken the liberty of changing the plan of many familiar games to

PREFACE

suit the psychological reaction of the child, and they therefore appear in this book in a slightly altered form from that presented elsewhere; this does not mean that they are, in any sense, original as a whole.

I cannot emphasize too strongly the value of games in developing a moral sense in the broadest meaning of the word, and many of the games printed here have been chosen because they are especially fitted for that purpose. Special note of that fact is made in connection with the individual games so chosen.

Grateful acknowledgment is made to Dr. Henry van Dyke for permission to use the "Four Rules for a Good Sportsman."

EMILY W. ELMORE

UNIVERSITY OF WISCONSIN
JANUARY, 1922

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INTRODUCTORY NOTE

Miss Elmore's book will be of real service to teachers and parents who wish to enlarge the list of games which they know how to teach to children. The games are described in such a simple, concrete way that any teacher or parent can readily see how they are to be played. Many of the descriptions are illustrated with diagrams so that it will be apparent at a glance what the plan of any game is, and how it is to be carried through.

Miss Elmore does not think it necessary to discuss the value of games and plays for children of any age. She assumes that teachers and parents do not need to be convinced of their value, so she devotes all her available space to the description of games. The games are classified according to the ages of the children for whom they are designed; and such games have been chosen for children of any specified age as have proved by experience to be best adapted to their special needs, and that make the strongest appeal to them. The author of this book has had large experience in teaching games to children, and in

INTRODUCTORY NOTE

instructing teachers how to organize and conduct games for young people; so that she is peculiarly well fitted to prepare a practical book on children's games for use by those who have the direction of children's play activities.

M. V. O'SHEA

UNIVERSITY OF WISCONSIN
AUGUST, 1922

SOME GENERAL HINTS ON THE TEACH- ING OF GAMES

1. Always have players in a straight line, with their attention focused, before explaining a game.

2. In cold weather teach active games that need only short explanations, or else explain the game before going to the playground.

3. Whenever possible, reward good sportsmen or those who merit some special consideration, by making them leaders or by placing them in prominent positions.

4. Remember that children *want* to be *leaders* and to hold the conspicuous places.

5. Stress the moral development possible in every game.

a. Notice what possibilities there are for unfair play, and eliminate or overcome them.

b. Endeavor to bring out any elements which develop a sense of good sportsmanship and fair play. The players should take pride in playing the game in the right way and feel contempt for unfairness.

c. In relays, be sure to have players wait *on the line* to be tagged before starting to run.

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d. Emphasize the fact that not only does the individual who plays unfairly suffer, but the whole team.

e. Encourage friendly competition, but watch for any spirit of spitefulness or antagonism and take measures to prevent it.

f. Teach absolute respect for the decisions of the umpire.

g. Teach self-control—never allow a player to start before the signal is given.

METHODS OF CHOOSING SIDES

1. *Racing for first choice.*

If there is a large group of children and the play space is out-of-doors, in order to determine who shall be choosers for sides, have them all race to a designated spot. The first and second ones to reach there may be the two choosers.

2. *Counting off.*

A quick method is to have all participants placed in a straight line. Then let them number off by twos, threes, or fours, as the special game may require.

3. *Teams on opposite sides of field.*

When it is necessary to have one team facing another on opposite sides of the field, as in "Bombardment," have all players form a long line and march to where the teacher stands; then alternate ones turn to left or right and form two separate lines along the sides.

4. *For forming a circle.*

This may be accomplished informally as a result of a simple command to form a circle, or the players

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may march in single file, the leader describing a curve so as to join hands with the person at the end of the line, all then facing inward. This same procedure with two lines marching side by side may be used to form concentric circles, or the players in one large circle may count by twos and the alternate numbers take one or two steps toward the center of the circle.

5. *Related suggestions.*

The method of allowing children to choose is not recommended for frequent use, since it wastes a good deal of time and is apt to result in the same group's being chosen every time on a side. It also makes the unpopular children more conspicuous, as the same ones will always be left until the end, while on the other hand it makes a few very popular ones too conspicuous. It is suggested that wherever the same group of children play together day after day, it is often a good plan to divide them into three or four permanent teams, of equal strength, give each team a name or color or some mark of distinction, and encourage a friendly spirit of competition. This would save time in choosing sides each day. It is also a good plan to keep a chart with the results of each day's games on it. This is a good method for acquainting the child with the principles of team play and of good sportsmanship, the funda-

METHODS OF CHOOSING SIDES

mentals of which cannot be taught too early. To encourage the spirit of sportsmanship, post a list of names, every month or two, of those children who are conspicuous as being "good sportsmen." This will influence others to try to become eligible for that title.

FOUR RULES FOR A GOOD SPORTSMAN

When you play a game always wish and try to win, otherwise your opponent will have no fun; but never wish to win so much that you cannot be happy without winning.

Seek to win only by fair and lawful means according to the rules of the game, and this will leave you without bitterness toward your opponent or shame before others.

Take pleasure in the game even though you do not obtain the victory; for the purpose of the game is not merely to win, but to find joy and strength in trying.

If you obtain the victory which you have so desired, think more of your good fortune than of your skill. This will make you grateful and ready to share with others the pleasure bestowed upon you; and truly this is both reasonable and profitable, for it is but little that any of us would win in this world were our fortunes not better than our deserts.

HENRY VAN DYKE

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ANIMAL CHASE

Playground; gymnasium.

Grades 1 through 4.

10 to 40 players.

Plan of Game. One player is selected as the *chaser*. The others divide into groups of four or six, and each group chooses the name of some animal, telling only the teacher what name has been chosen. Thus there will be several tigers, bears, etc. The animals then gather at one end of the field or gymnasium about 50 feet from the chaser who stands in the middle. The teacher then tells the chaser the names of the different animals that have been chosen, but does not indicate to which groups the names belong. The chaser accordingly calls out at random "Bears" or "Tigers," whereupon all children in the group so named start to run to a designated place at the opposite end of the field or gymnasium, while the chaser tries to catch them before they reach there. Any players so caught remain in the center and help to catch the others. The last one to be caught becomes the new chaser.

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Remarks. This game has all the good points of "Pom-Pom Pullaway" with the added feature of interest in choosing the names of animals, thus making the groups more distinctive, and teaching, in a small sense, team loyalty. Any other names may be substituted for those of animals, as flowers, birds, trees, etc.; this gives variety, and helps enlarge children's vocabularies. From the point of view of the *chaser*, this is a good memory drill as it trains the mind to carry a number of different names at one time. The same precautions as are urged in "Pom-Pom Pullaway" apply here.

AUTOMOBILE RACE

Playground; gymnasium; schoolroom.

Grades 1 through 6.

10 to 50 players.

Plan of Game. If played on a playground or in a gymnasium the players are lined up in parallel columns facing the same way, the number of columns formed depending upon the number of players. Every line or team takes the name of some make of automobile. When the signal is given, the first one in each team runs to a designated spot and back, touching the hand of the next one in line who then runs as the first one did, while the first one goes to the end of the line. In this

manner each player runs in succession until the whole team has run. The automobile (team) getting through first wins.

When the game is played in the schoolroom, each row serves as an automobile and as soon as a player has run, he takes his own seat after touching the hand of the next runner. When several rows are playing each row may have a different spot to touch so that one row of players will not have to run farther than another.

Remarks. Emphasize the fact that each player must wait on the line or in his seat until his hand is tagged. If he starts too soon, make it a rule that the whole team becomes disqualified. Thus he will learn how important his actions are to the success or failure of his team.

To add interest to the game, significance may be attached to the merits of different makes of automobiles.

CAT AND RAT

Playground; gymnasium.

Grades 1 through 6.

10 to 30 players.

Plan of Game. Players form into a circle and join hands. Two are chosen to act as *cat* and *rat*. The players in the circle try to keep the rat from being caught by the cat, by keeping their hands

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firmly interlocked and holding them low in order to keep the cat out, when the rat is inside of the circle, or by raising their hands to let the rat out if the cat gets in, and vice versa. When the cat catches the rat, the rat chooses another player who becomes the new cat, while the former cat becomes the rat.

Remarks. Encourage those in the circle to make the game more exciting by letting the cat into the circle sometimes when the rat is there, and thus make it harder for the rat to escape. This will be a great help in keeping the attention of all players in the circle, and will keep one cat and rat from monopolizing the play too long.

FLOWERS AND THE WIND

Playground; gymnasium.

Grades 1 through 6.

10 to 40 players.

Plan of Game. The children are divided into two groups, one of which represents the *flowers*, the other the *wind*. Those who are the flowers secretly choose the name of a flower, and advance in a body to a line marked off—usually in about the middle of the playground or gymnasium. On the other side of this line the children who represent the wind are gathered. The object is for the wind

to guess the name of the flower that has been chosen, and as soon as a wind child guesses the correct flower all the flowers turn and run back to their starting place, while the wind chases them and tries to catch as many as possible. Any flower so caught must return to the other side and remain there. If the ones who are the wind catch a certain designated number of flowers, they may become the flowers next time and think of a name which the other side must try to guess. If they do not succeed in catching the required number, the first side remain the flowers.

Remarks. As in most guessing games, the element of suspense is the chief feature of this game, although there is a good deal of practice in dodging and quick starting. It also teaches the timid child to take risks. If the children seem slow about guessing, let the flowers give the first letter of their group name, or two or three even, in order to facilitate guessing, and to keep the children from standing too long. Sometimes it is even a good plan for the teacher to take part in the guessing. For variety, the names of birds, trees, etc., may be substituted for flower names.

Some children will have to be watched, as they will be tempted to let themselves be caught in order to be flowers, as they think this more fun than to be the wind.

MIDNIGHT

Playground; gymnasium.

Grades 1 through 4.

10 to 40 players.

Plan of Game. One player is chosen to be the *fox*, another to be the *mother hen*, and the rest are the *chickens*. A corner of the field or gymnasium is marked off to represent the fox's den, and at the opposite end is a designated area which serves as the henhouse. The mother hen and her chickens start out from their house and as they approach the fox in his den, the mother hen continues to ask, "What time is it?" If the fox replies with any time but "Twelve o'clock at night," the chickens are safe, and continue to advance; but as soon as he says those magic words he runs from his den and tries to catch as many chickens as possible, while they scamper to the henhouse and safety. Any chickens that are caught must go back to the fox's den, and thereafter help him catch the others. If the mother hen is caught, another one must be appointed by the teacher. The last chicken caught becomes either the fox or mother hen for the next game, as he prefers.

Remarks. This game is a universal favorite and has much of excitement and suspense and

exercise in it. The choice of fox and mother hen should be made much of, emphasis being put on the fact that those children chosen have some special quality which deserves reward—either bravery or good sportsmanship, or even good posture. The mother hen should be the only one allowed to ask the time. This makes her position important.

The game is also a help for little children in learning to count. The fox should be taught to skip about in the numbers and call "Twelve o'clock at night" suddenly, in order the more to surprise the chickens. Encourage timid children to be daring in going as near to the fox's den as possible.

POM-POM PULLAWAY

Outdoors.

Grades 1 through 8.

10 to 30 players.

Plan of Game. One person chosen to be *It* or the *catcher* stands in the middle of the field. All others are grouped at one end about 50 feet away. Boundaries along the sides of the field are designated, usually about 50 feet apart. The one who is *It* calls: "Pom-pom pullaway, if you don't come I'll pull you away," whereupon everyone must

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start to run to the opposite side of the field, while the catcher tries to catch as many as possible before they reach there. In order to be caught, each one must be tagged three successive times; that is, slapped on the back while the catcher counts 1, 2, 3. If any player runs beyond the side boundary lines, he is considered caught. Each player who is caught remains in the middle and helps the catcher from then on, until all are caught. The last one caught is allowed to be It for the next game.

Remarks. Warning will have to be given that the players are not to be caught by holding on to garments, as clothes are likely to be torn in this way. The game is also apt to become too rough when players are trying to escape the catcher, so this tendency has to be watched for and overcome. Insist upon every player's starting as soon as the catcher calls; otherwise, certain ones will always hold back until the "coast is clear" and then have a safe journey across. Also make it a rule that, after a runner has started across, he may not turn back while trying to evade the catcher—if he does, he is considered caught.

This game is excellent for teaching daring and strategy. There is also constant exercise and much excitement. The popularity of this game seems never to wane.

RAILROAD TRAIN

Playground; gymnasium.

Grades 1 and 2.

10 to 40 players.

Plan of Game. The children are given names of various parts of a train, as well as the names of different parts of the engine. In this way several children, as a group, take the part of the engine. Then a story is told by the teacher, in which the various parts are mentioned in turn, and the children form in line one behind the other in the order in which the names of parts are called. After all of the parts have been called out, the story continues by having the train move. The route is described very vividly, the train going up steep hills, around curves, down hills, etc. Finally the journey ends in a wreck, the entire train tipping over. The children suit their actions to the story.

Remarks. This game, somewhat like the old game of "Stage Coach," is very popular with little children, and the imagination of the narrator of the story can supply a great deal of color and variety so that it can be played frequently and be made interesting. The children enjoy suggesting the different parts of the train and permitting them to do so helps to keep their attention in the preparation for the game.

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SKIP AWAY

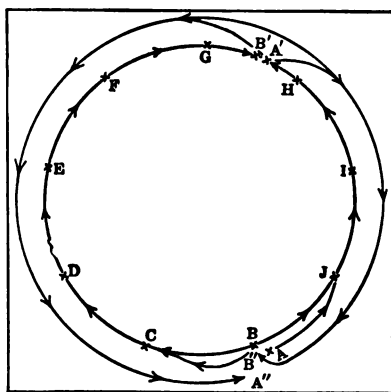
(Slap Jack)

Playground; gymnasium.

Grades 1 through 6.

10 to 30 players.

Plan of Game. If the players number not more than fifteen, one circle is formed, otherwise they are divided into two circles. One player is chosen



SKIP AWAY

who runs around the outside of the circle and at will tags some player on the back. The player tagged immediately leaves his place in the circle, but instead of chasing the one who tagged him, runs in the opposite direction. When the two meet, they go through some action, previously agreed upon by all the players, such as shaking hands, bowing, or turning each other around; after which each dashes away, in opposite directions, to

see which one can get back first to the empty place in the circle. The one who succeeds is rewarded by being allowed to go around the circle and do the tagging, while the other one stays in the ring. If the same one should reach the empty place first for several consecutive times, let him choose some one else to take his place as runner.

Remarks. This game is perhaps better suited to the gymnasium than to the playground as most of the players are standing idle a good deal of the time, and in cold weather are liable to become chilled. Encourage the players to suggest various actions which may be gone through when the two runners meet, and thus keep up interest and variety.

SQUIRRELS IN TREES

Playground; gymnasium.

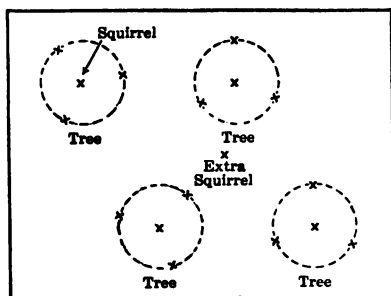
Grades 1 through 3.

10 to 40 players.

Plan of Game. The children join hands in groups of three to form hollow *trees*. One child stands inside each tree, as a *squirrel*; and one or two extra children stand outside of the trees. On a signal each squirrel leaves its tree, and tries to get into another tree, while the extra ones at the

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same time run for shelter. The fastest runners will, of course, usually get a tree, while the slower



SQUIRRELS IN TREES

ones will be left out. The game continues as long as interest lasts, with periodic interchanging of those who are forming trees and those who are taking the part of squirrels.

Remarks. Although there is really very little to this game it seems to appeal to little children very much and it is often asked for. It is something like "Pussy Wants a Corner," excepting that there is no tagging. It teaches children to watch their chances, and to act quickly.

TEACHER AND CLASS

Playground; gymnasium; schoolroom.

Grades 1 through 6.

10 to 40 players.

Plan of Game. The players who form the *class* stand in a row, facing the one who stands in the front, as the *teacher*. The teacher throws a bean bag if little children are playing, or a ball, if older

ones, to each child in succession. If any child fails to catch the bean bag he must go to the foot of the class, that is, the end of the line. If the teacher fails to catch the bean bag as it is thrown back, he must go to the foot also, and then the one who was at the head of the class or line takes his place. The game continues thus indefinitely.

Remarks. Little children gain a great deal of practice from this game in learning how to catch and throw. The underhand throw is recommended as being most practical. Be careful that some children do not purposely throw poorly in order to make the teacher miss. The unfairness of this method of gaining the desired position should be emphasized. For older children this game is excellent preparation for "Corner Spry," though in "Corner Spry" the line is usually so short that the teacher does not need to move along in front as she does in "Teacher and Class."

ALL UP RELAY

Playground; gymnasium.

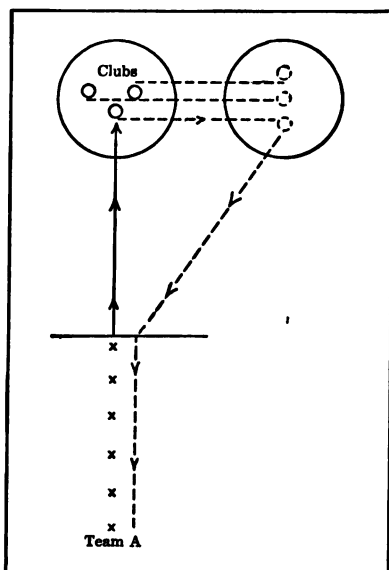
3rd Grade through High School.

10 to 50 players.

Plan of Game. Players are lined up in single file columns as in the simplest form of relay. Each line is considered a team and is given a number or

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letter as, 1, 2, etc., or A, B, etc. About thirty feet



ALL UP RELAY

drawn, side by side, and in one of these three Indian clubs are placed. On the signal, the first one in each team runs to the clubs, and transfers each club separately to the adjoining circle, being sure that each club is standing before running back to the team. He tags the hand of the next one in line who has moved up to the

starting line, and the game continues as in the simple form of relay until one team has finished. The team finishing first, wins.

Remarks. This game is excellent in training children in self-control while hurrying, and it is one of the tests in the American Playground Association for developing speed and accuracy.

BAG PILE

Gymnasium; schoolroom.

Grades 1 through 6.

10 to 50 players.

Plan of Game. When played in the gymnasium, players form in lines in front formation, with a pile of bean bags on the floor at the side of the first player in each line. In the schoolroom the different rows compete. The bean bags are placed at the side of the desk of the first player in each row, and the players all sit with their feet in the aisle.

On the signal, the first player picks up *one* bean bag and passes it to the next one who in turn passes it on. So each bag is passed in succession down each line or row until all are piled neatly at the opposite end, or if the lines or rows are short, until all are back again at the original place. The line or row which finishes first wins.

Advanced Form. Have the bean bags passed down over the head, then all turn and pass them back up one side, turn again and pass them down the opposite side, and finally pass them back up over the head from the rear. Many such variations can be thought of, and are especially good in the schoolroom.

BALL STAND

Playground; gymnasium.

Grades 3 through 8.

10 to 30 players.

Plan of Game. The players group themselves near a wall of a house. One player, who is chosen as *thrower*, tosses the ball (a tennis ball is used) against the wall, at the same time calling out a player's name, or a player's number, where numbers have been given each player beforehand. The one whose name or number is called must run up and catch the ball before it strikes the ground, while all the other players run as far as possible in the opposite direction. If the one called catches the ball, he shouts "Stand," and the others must stop wherever they are. He then throws the ball at them and if he hits some one, the one hit must drop out of the game. The thrower then recovers the ball and all go back to the wall where the game is played again as before. If the one called upon to catch the ball should fail to do so, the players all go back to the starting place and the ball is tossed up again by the same player who tossed it the first time. If he catches the ball but fails to hit anyone, he is out of the game, and he may choose another player to act as thrower in his place.

The object of the game is to see who can stay in the game the longest.

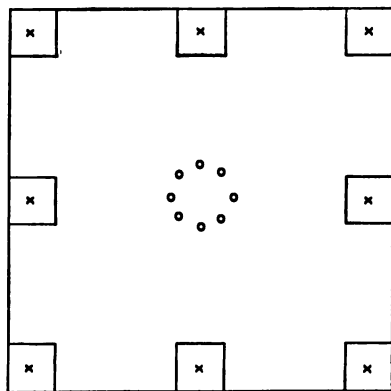
Remarks. This game has been very much altered from the original, because it was found, that, when played in its original form, children were so eager to be the thrower that they would either deliberately fail to catch the ball in the first place or else allow themselves to be hit by the thrower, in order to change places with him. They do not wish to drop out of the game, so, when playing the game in this way, they will make more effort to catch or to dodge the ball.

SQUARE BALL

Playground; gymnasium.
7th Grade through High School.
18 to 32 players.

Plan of Game. The playing space is marked off in the shape of a large square, with a small square in each corner, or if there are many players, with other squares between the corners along the boundary line of the main square. Players are divided into two teams. The players of the one team are grouped in the center, while those of the other team distribute themselves evenly in the squares. A ball is passed from one square to another, following the outside boundaries of the large square,

but suddenly a player in this so-called "outside team," instead of continuing to pass the ball to his teammates, throws it toward the center play-



SQUARE BALL

ers who try to dodge it. If a center player is hit, the outside players all scatter, but as soon as the one hit recovers the ball and calls "Halt," they must immediately stop wherever they are. The center

player holding the ball then tries to hit one of the outside players, who may dodge, but may not move from the spots on which they have halted.

Every "outside" player hit by a "center" player scores *one point* for the center team. Every ball thrown that *misses* one of the outside players scores *one point* for *them*. The team that first gains twenty-five points, wins.

Remarks. This game has many of the elements of "Dodge Ball," but has the added features of giving practice in good team work and practice in

passing to those in the outside squares. It is sometimes played without keeping score, in which case any player in the outside team who is hit by a center player must join the center team. Then the game ends when all have been caught or when a certain period of playing is over.

BASE DODGE BALL

Playground; gymnasium.

7th Grade through High School.

15 to 50 players.

Plan of Game. This game is similar to "Square Ball," with the added element of practice in catching. Players are divided into two teams, one team being arranged on various bases around a hollow square as in "Square Ball," or else around a circle. The other team is scattered in the square or circle. Those on the bases pass an indoor baseball around among their team mates, and periodically throw it unexpectedly at the members in the center. If a player is hit, he immediately leaves the game. If, however, he catches the ball he must, from the spot at which he caught the ball, throw it at any baseman who may not leave his base. If the baseman is hit, he is out of the game. However, if he should catch the ball he is not out, and the game continues as before.

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At the end of a given time, the number of players left on each team is counted, and the team having the largest number left wins the "heat." The total score is taken at the end of the playing period.

Remarks. If it seems better not to have players eliminated from the game when they are hit, allow them to remain and simply give one point to the opposite side each time a player is hit. This game is good preliminary practice for baseball. See diagram for "Square Ball," p. 18.

BOMBARDMENT

Playground; gymnasium.

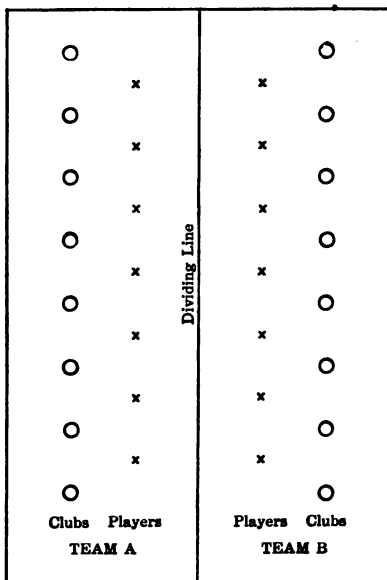
4th Grade through High School.

10 to 50 players.

Plan of Game. The field or gymnasium is divided into two equal parts which are called *courts*, and the players are divided into two teams, *A* and *B*. At the back of each court is placed a row of Indian clubs. The players from each team are scattered about in front of the clubs, but may not cross the center dividing line.

The object of the game is to throw either a soft ball or a bean bag at the Indian clubs and knock them down. Team *A* must throw at the clubs in team *B*'s court, and vice versa. Each club that is knocked down counts *one point* for the team that

threw at it. Each player tries to guard his own clubs and throw at the others, so he must watch the balls or bean bags all the time, as they are constantly kept in motion. If a player knocks down a club on his own side by accident, it counts *one point* for the opponent. The team wins which has the greatest number of points at the end of a given time, or which first gains a certain stated score.



BOMBARDMENT

Remarks. To facilitate accurate scorekeeping it is well to have two people chosen to keep score, one to watch each side, and whose sole duty it is to keep track of the clubs knocked down.

The game is much more exciting if several balls or bean bags are used, and sometimes two rows of Indian clubs are put up at each end, the rows

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being placed about one foot apart, and arranged alternately to one another.

BULL IN THE RING

Playground; gymnasium.

Grades 1 through 6.

10 to 30 players.

Plan of Game. If there are not too many, the players form one circle or *ring*. If there are more than fifteen, they form two. One player is chosen to be the *bull* and those in the circle clasp hands as firmly as possible, in an effort to keep the bull from breaking through and escaping. If he should manage to do so, all in the circle give chase, and the one who catches him may be the bull the next time.

Remarks. Because of a desire to be the bull, children are often tempted to allow the bull to break through their hands so that they can easily catch him as he starts to run. It has to be emphasized, therefore, that anyone who is seen to do this will either not be allowed to play the game, or else will be prevented from being the bull. The fact that it is not really fair playing and that there is no credit in catching the bull unless a good chase has been given, is brought out in explaining the reason for the rule. This game is especially good

for boys, as there is real muscular effort exerted, and also much running. The game may become rather rough unless controlled, so if the class consists of both girls and boys it is much better to have each form a separate circle or ring.

CALL BALL

Playground; gymnasium.

Grades 1 through 8.

Any number of players.

Plan of Game. Players either stand in a circle, or, if there are a large number, they scatter promiscuously over the field or gymnasium. One chosen to be the *thrower* has a ball which he throws into the air, at the same time calling out a player's name or number, where numbers have been previously given to each player. The one called must run forward and try to catch the ball before it has bounced more than once. If he succeeds, he becomes the thrower, but if he fails he goes back into the group. The same player continues to be thrower until another catches the ball.

Remarks. This game is especially good for little children, as it teaches them to be on the alert and to move quickly, and also to catch a ball. A somewhat more difficult form of this game is "Catch the Cane."

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CATCH THE CANE

Gymnasium.

Grades 5 through 8.

10 to 25 players.

Plan of Game. Players stand in a circle with one in the middle holding a wand (*cane*) so that its one end rests on the floor. Each player is given a number. The one in the middle who is holding the wand calls a number, at the same time letting go of the wand. The one whose number is called must run to the center and catch the wand before it drops to the floor. If he succeeds he may stay and call the next number, and the original caller takes his place in the circle. If he fails, he goes back to the circle and the original caller continues until someone succeeds in catching the wand before it falls.

Remarks. Even though the children are standing, they are nevertheless kept on the alert and interested as they are waiting to hear their own number called, and this element of suspense holds their attention.

CENTER CATCH BALL

Playground; gymnasium.
7th Grade through High School.
10 to 30 players.

Plan of Game. Players stand in circle formation, with one player in the center. A ball is passed rapidly from one player in the circle to another, always being thrown over the head of the player standing in the center who tries to catch the ball or at least to touch it as it passes over him. When he does so, he changes places with the one who threw the ball last. The game continues in this way indefinitely.

Remarks. It is sometimes an added element of interest to time the one in the center in order to see in how *short* a time he can touch the ball, and to keep a record for each player and announce the winner at the end of the game. This game makes excellent preliminary practice for basket ball, as it involves quick throwing and catching, and quick jumping to intercept the ball.

CENTER BASE

Playground; gymnasium.

3rd Grade through High School.

10 to 30 players

Plan of Game. Players stand in circle formation, with one player in the center holding a ball or bean bag. The center player begins the game by throwing the ball or bean bag to a player in the circle. Then he immediately runs out of the circle and around it to the place where the one to whom he threw the ball was standing. The latter, who becomes the *chaser*, after catching the ball, takes it back and leaves it in the center, then chases the center player, by the same route, and tries to tag him before he arrives at the vacant place. If he succeeds in doing so, he changes places with the center player. If he fails, he returns to his original place in the circle. The same one continues to be center player until some one tags him.

Remarks. The play leader will have to emphasize the fact that *the same route must be taken* by the chaser as by the center player, as there is a great temptation to leave the circle by a shorter way and so have more chance of catching the center player. If the same player wins for several successive times, have him choose another to take his place so that each may have a turn.

CLUB CHASE

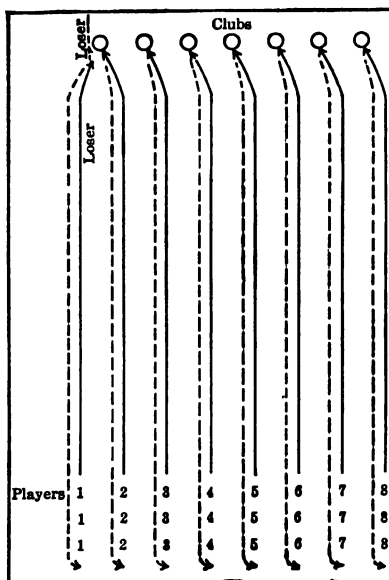
Playground; gymnasium.

Grades 3 through 8.

10 to 40 players.

Plan of Game. The players are arranged in parallel lines, with about eight in each line, and in flank formation.

At a distance of about thirty feet from the first players is set a row of Indian clubs, one less in number than the number of players in each line. At a signal, the players in the first line all run to get a club, but since there is one club less than there are players, some one will inevitably



CLUB CHASE

be left out, so the fast runners win. As a player is eliminated, he stands behind the clubs, and does

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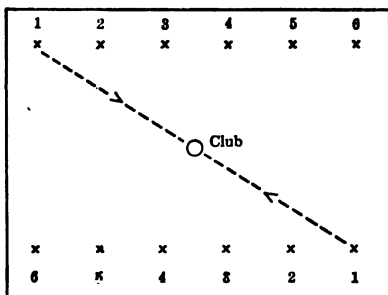
not again run with his line, which now becomes the rear line. Each line in succession runs for the clubs which are rearranged in a row after each "heat." At the end of each "heat" there is always one less player left in each line to run. As the players are eliminated one by one a club is removed so that there is always one less club than the number of players running. Finally there is only one player left in each line, and these run against each other, until only two are left from the entire class. These two then run to determine which shall be champion.

Remarks. The game has unlimited possibilities for teaching fair play as there is a great temptation to push a player aside in the effort to get a club. Therefore, special emphasis must be laid on the fact that each player must run a straight course and not touch his neighbor. If he does so it is called a foul, and he is automatically eliminated from the game. It is well to interest those who are left out, in rearranging the clubs each time, so that they will feel that they still have a share in the game. If there are too many left out, another game can often be started for them.

CLUB SNATCH

Playground; gymnasium.
1st Grade through High School.
10 to 20 players.

Plan of Game. The players are formed in two straight lines at opposite ends of the playground or gymnasium, facing the center. An Indian club is set up on a central line drawn between the two teams. (See diagram.) On a signal, the first player from each line runs out and tries to capture the club and carry it safely back to his own side without being tagged.



CLUB SNATCH

No player may be tagged until he has the club in his hand, so the object is that each player should watch his chance and snatch the club when the other is off his guard, and so have more of a chance of carrying it safely back to his side. If he succeeds in so doing, his side is awarded *one point*, but if he is tagged before reaching his side, the other side receives *one point*.

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After each pair of players has tried for the club, it is returned to the center and the next pair run for it. When each player on each side has had one turn, the game is considered finished and the total score is announced.

Remarks. It is better not to have more than about ten players on a team, as otherwise the individuals who are awaiting their turns are compelled to stand for too long a time. If the class is large, therefore, divide it into four teams instead of two. Very young children will have to be taught how to snatch the club at the psychological moment in order to avoid being tagged, as their tendency is to take the club as soon as they reach it and to use no ingenuity. If a child is not ready to run for the club when it is his turn, one point is awarded the other side if their player was ready; if neither side has a player ready, the turn of these two players is omitted and neither side scores. This helps to hold the attention of all players and to keep them on the alert for their turn.

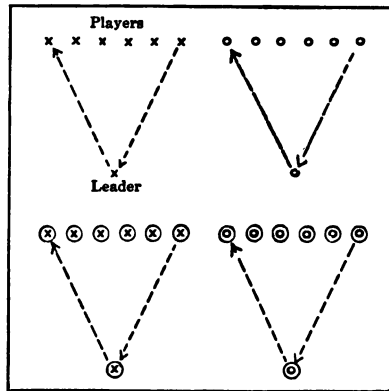
CORNER SPY

Playground; gymnasium; schoolroom.

5th Grade through High School.

20 to 50 players.

Plan of Game. The players are divided into four teams, each of which stands in the same formation as in "Teacher and Class." On a signal, the *leader* throws the bean bag or ball to each player in turn. They throw it back to him until the last one catches it, when the leader runs to the head of the line, and the last one takes his place. The game



then proceeds as before. As soon as each player has had a turn as leader, and the original leader has returned to his place, that team has finished. The object of the game is, therefore, to see which team can finish first and so win the game.

Remarks. This game has a decided element of competition, and it trains the players to throw and

to catch accurately even when they are hurrying. For older students, it is excellent preliminary practice for basket ball, as the chest throw is used entirely and this familiarizes the players with handling the ball. The competition keeps up the interest very decidedly.

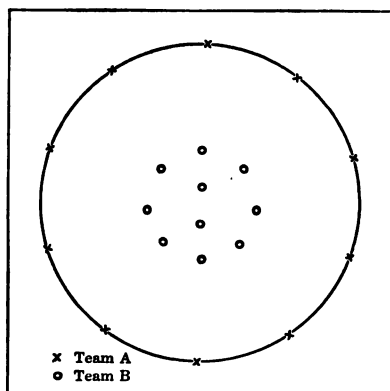
DODGE BALL (Simple)

Playground; gymnasium; schoolroom.

3rd Grade through High School.

20 to 60 players.

Plan of Game. The players are divided into



DODGE BALL (SIMPLE)

two teams, A and B. The members of Team A form a circle, while those of Team B group themselves inside the circle. Team A has one or two volley balls and, when the signal is given, these are thrown at the members of Team

B. Anyone hit, must either drop out of the game temporarily, or join the circle, according to the

agreement at the beginning of the game. The object of the game is to see who can stay in the center the longest without being hit. As soon as all are out, the sides change, and the game proceeds as before.

Remarks. If the game is played out of doors, it is usually advisable in cold weather to have the players who are hit, join the circle and so keep on exercising, as they are apt to get chilled if they stand around idle until the game ends. This is the better way even in warm weather, as those who are out lose interest if the game lasts for some time, and besides they get very little exercise, especially if they are hit in the beginning. It is often a good plan to use a stop watch to see which side can stay in the center the longest, in which case it is necessary to have the players who are hit drop out of the game, as they would not care to assist in putting out their own players.

DODGE BALL (Progressive)

Playground; gymnasium.

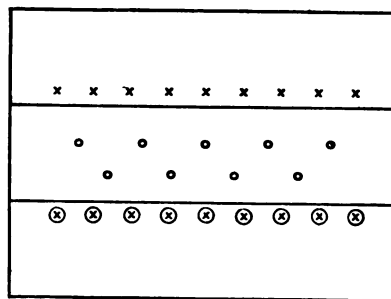
4th Grade through High School.

30 to 90 players.

Plan of Game. The players are divided into three teams, A, B, and C. The field or gymnasium

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is marked off into three divisions as in a basket ball court (women's rules), and in each of these divisions one of the teams stands. Let us suppose



DODGE BALL (PROGRESSIVE)

that Team A is at one end, Team B in the middle, and Team C at the other end. Teams A and C then try to hit the players in Team B with volley balls as in simple "Dodge Ball." Any player

who is hit joins the side by which he was hit. The game continues until all have been hit. Then the players in Teams A and C are counted, and the team having the most goes into the center next time, while all from the original Team B, take the place thus vacated by the winners.

Remarks. If preferred, a stop watch may be used, so that the length of time that each team remains in the center can be recorded, and the winning team ascertained after all three have been in the center. In this case, those who are hit will drop out of the game temporarily instead of joining the side by which they were hit.

EVERY MAN IN HIS OWN DEN

Outdoors.

3rd Grade through High School.

10 to 50 players.

Plan of Game. If a comparatively small number are playing, have each player choose some well defined spot which is to serve as his *den*. When there is a large group, have three or four use the same den, and have the dens scattered about the playground, at least 20 feet apart.

The object of the game is for the player or players from each den to catch or tag as many other players as possible. One player starts the game by leaving his den, and the others try to catch him. The player who leaves his den *last* has precedence over any other player on the field and may tag anyone who does not belong to his den. As soon as a player is caught he becomes a member of the den into which he has been caught and must thereafter affiliate himself with, and try to catch others for, that den. The game ends when all are brought to one den. If time is called before this is done, the den in which there are the greatest number, wins.

Remarks. Young children will often be unwilling to change their loyalty from one den to another as they are caught, and so will deliberately

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let themselves be caught by the group with which they were originally associated. This, of course, destroys the whole idea of the game and is an exceedingly unsportsmanlike thing to do, so the game leader will have to watch for this and show the children how unfair it is, and perhaps even enforce some penalty to prevent it.

GERMAN BAT BALL

Playground; gymnasium.

5th Grade through High School.

10 to 50 players.

Plan of Game. A playing space is marked off, the size being about that of an average basket ball court. Players are then divided into two teams, *A* and *B*. One team is "at bat" as in baseball, the other in the field. The team that is batting numbers off for turns in batting, and each batter in turn stands on a designated spot or base, and, throwing the ball (a volley ball is the best) up a little with the left hand, swings the right arm and bats it as far as he can. He then runs through the enemy territory, around a designated spot (about 50 feet away), and back again to where he started. He must not run outside the designated boundary lines. The opponents, in the meantime,

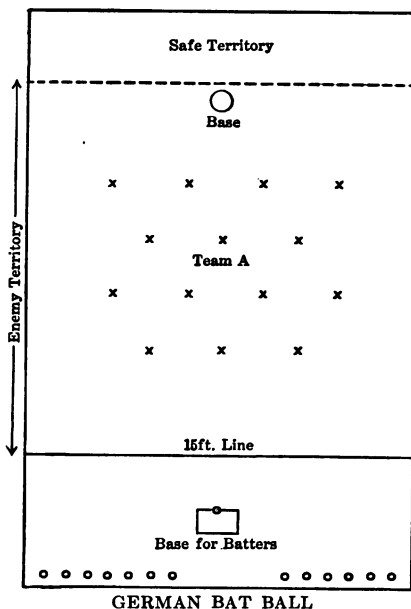
try to hit him with the ball, and if they succeed, he is out. If he gets back safely, he scores one run for his team. The players bat in turn until three are put out, when the teams change. The team with the highest score at the end of the playing time, wins.

Rules.

1. The ball must go over a line about 15 feet from the batting base in order to be a fair ball.

2. Players may not run with the ball, or hold it, but at least three of the players in the field must keep the ball in motion all of the time. Penalty for disregard of this rule gives one point to the batting side, even though the runner may be put out at the time.

3. Each runner must be sure to make a complete circuit of the post or tree or bench which serves as



the base at the end of the running space, and then his course is optional the rest of the way. Failure to do this makes the run illegal and he must return and complete the circuit, and is liable to be hit by the ball all of the time.

Player is Out:

1. If his batted ball fails to go over the 15-foot line.
2. If he is hit by the ball thrown by a player on the opposite side, while in enemy territory.
3. If his batted ball is caught by *one* player on the opposite side.
4. If his batted ball goes out of bounds on either side of the field.
5. If he runs beyond the side boundary lines.

Remarks. Before beginning the game it is well to coach players as to the way of batting the ball, emphasizing the fact that it must not be thrown *high*, and the elbows must be kept straight all of the time in order to get the most force. Have them turn the left side toward the field of play, just as in holding a baseball bat, and swing the arm from the shoulder.

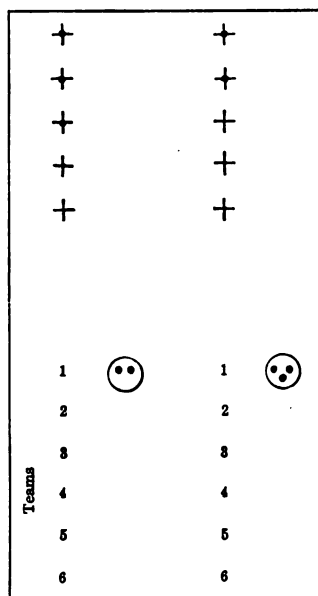
With beginners it is often a good plan to let them rest for a moment behind the base at the opposite

end of the field in order to watch their chance for running back. While they are there, they may not be hit by the ball, but the ball must be kept moving all the time by the players in the field. Gradually shorten the length of time that a runner may rest behind the base, and finally allow no pause whatsoever.

INDIAN CLUB RACE
(Adapted from Potato Race)

Playground; gymnasium.
4th Grade through High School.
10 to 50 players.

Plan of Game. Players are lined up in teams as for an ordinary relay race. At the right of the first player in each team, a circle is drawn, and in a straight line in front of him, at distances of 4 to 6 feet, are marked a series of crosses, the number depending upon the age and ability of the players. On each cross is placed an Indian club. At the signal the first player in each team runs to the first club and brings it back to the circle. He then returns and gets the next, and so on until all the clubs are in the circle. He then touches the hand of the next player in the team and goes to the end of the line. The second player takes each club



INDIAN CLUB RACE

separately and puts each back on a cross, until all are out. Each player in turn repeats what No. 1 and No. 2 have done, until all have run. The team which finishes first, wins.

Remarks. This game teaches self-control and the ability to act quickly and accurately under excitement. Every club must be standing before a player is considered to have finished his turn.

JUMP ROPE RELAY

Playground; gymnasium.

5th Grade through High School.

10 to 40 players.

Plan of Game. Players are divided into teams of equal numbers, who stand one behind the other as in the usual relay formation. Each team is pro-

vided with a rope about 6 feet in length. At the signal to start, the *first* and *second* players in each team take the rope between them, and run the length of the team, one on each side, dragging the rope along the floor under the feet of the others, each of whom jumps as the rope comes near him. When the two with the rope reach the end of the team, No. 1 lets go of his end of the rope and takes his place at the end of the team. No. 2 runs back to the front carrying the rope, and hands the other end to No. 3, and then these two proceed down the line as before. When each one in the team has run, and when No. 1 is back in his original place, the relay is ended, and the team finishing first, wins.

Remarks. Be sure to warn those with the rope not to lift the rope from the floor as it is very easy to throw a player in that way. This relay has the advantage of keeping all the players active most of the time, for when they are not running they are jumping, and it holds everyone's attention.

JUMP THE SHOT

Gymnasium.

4th Grade through High School.

10 to 30 players.

Plan of Game. Players stand in a circle with one in the center who is the *swinger*. A bean bag is tied to the end of a long rope, and the one in the center swings this around on the floor, so that it comes just in line with the feet of the players. As the bag approaches any player he jumps into the air to avoid it. If he is hit he must drop out of the game. The player who stays in the longest, wins, and becomes swinger the next time.

Remarks. The one in the center must be warned not to swing the bag above the floor as otherwise it might hurt someone. Nothing heavier than a bean bag should be used, because when it swings around with great speed the force is likely to hurt ankles if a hard object is used. Since the position of swinger seems to be a coveted one, it is better not to have the one hit become the swinger because, it has been discovered that, when this is done, the players will not try very hard to jump.

LAST COUPLE OUT

Playground; gymnasium.

Grades 3 through 8.

10 to 40 players.

Plan of Game. Players are lined up in couples, about eight couples in a line. One player stands in front of the line as *caller*. When he calls "last couple out," the two who are at the end of the line separate and run up to the front, and try to get together again before he catches either one. If he does tag one of them, he may be the caller again. If he fails, he may choose one of the two to take his place, and he becomes the partner of the other, with whom he takes his place at the beginning of the line, the game proceeding as before.

Remarks. Emphasize the fact that those who are called out must come very quietly and use various methods of getting up to the front without being caught. The one who is calling must also be warned not to look to either side until the couple is in sight, so that they will have a fair chance to get together.

MAZE TAG

Playground; gymnasium.

3rd Grade through High School.

10 to 50 players.

Plan of Game. Players stand in parallel ranks or files, the number in each file depending upon the number playing. All the players join hands in horizontal lines across the files, thus forming aisles for the runners to pass through. Two are chosen; one to be *It*, the other to be chased. These two run in the aisles between the files, until the *leader* (previously chosen) periodically gives the command "Right (or left) face," whereupon everyone turns to the right (or left) and clasps hands again in the new formation. This makes new aisles through which the runners must go. These frequent changes in the running course often save the one who is being chased from being caught. The leader should often change the direction of facing, and should do this at moments when the pursuer is about to tag the runner, so that the excitement will be maintained. He must also see that the same two runners do not run too long and so monopolize the game.

Players may not break through the lines nor tag across the hands. As soon as the runner is tagged, he either becomes *It*, or else chooses another to take his place.

OVER AND UNDER RELAY

Playground; gymnasium.
5th Grade through High School.
10 to 50 players.

Plan of Relay. Players are divided into teams of equal numbers who line up as for a regular relay, with ample space between the players. Each team is provided with a basket ball. When the signal is given, the *leader* in each team passes the ball over his head to the one behind, who in turn passes it between his legs to the one behind him, and so on alternately down the line—first over the head, then between the legs, until the last player receives the ball. He then runs to the front of the line, and the passing is repeated as before, until all are back in their original places. The team that finishes first, wins.

Remarks. Many different forms of passing can be used in this relay in order to vary it, for example:

1. Have everyone pass the ball over the head.
2. Have everyone pass the ball between the legs.
3. Have the last one *walk* to the front.
4. Pass the ball back over the head then, instead of having the last one come to the front, have the whole team face to one side and pass the ball back

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up the side, face in the opposite direction and pass it down that side, then face toward the back of the room and pass the ball back to the front through the legs. When the first one gets the ball, the race is ended. This last form is especially adapted to crowded quarters where running is out of the question, or for students who are in any way limited in capacity and so unable to take violent exercise.

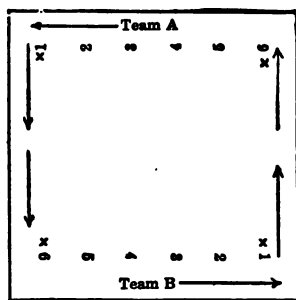
OVERTAKE RELAY

Playground; gymnasium.

4th Grade through High School.

10 to 20 players.

Plan of Game. Two teams, A and B, are lined up on opposite side-boundaries of a hollow square.



OVERTAKE RELAY

A stool or some other guide is placed at each of the four corners. Each row of players faces a corner of the square, but the two rows face in opposite directions, the first one in each team being at the corner as shown in the diagram. On the

signal, the first one in each team runs around the square, each chasing and trying to overtake the

other. When they have completed the square and are back at their starting positions, each tags the hand of No. 2 who is waiting at that point, and then goes to the end of the line. Nos. 2 immediately start off and the chase continues, until eventually a player on the one team will overtake a player on the opposite team and tag him, thus winning the game for his team. If the teams are very evenly matched, it may be necessary for all the members of a team to run twice or even three times before anyone is overtaken, but the game does not end until a player is tagged.

Remarks. This game is very exciting and makes an excellent interclass contest; each class may carry a ribbon of the class color and pass it from one member to the other as they run.

POISON SNAKE

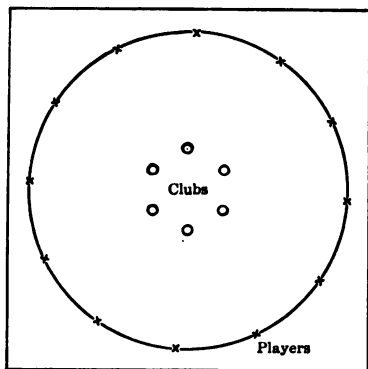
Playground; gymnasium.

Grades 3 through 8.

10 to 20 players.

Plan of Game. Players stand in a circle with hands joined. A group of Indian clubs is placed in the center of the circle, with about a foot of space between the separate clubs. The object of the game is to have the players in the circle pull

each other into the center so as to touch the clubs. Those who touch the clubs are out of the game.



POISON SNAKE

The one who remains longest without touching the clubs, is the winner.

Remarks. This game is somewhat rough, so if possible it is well to have separate circles for the boys and girls. Teach the players to jump over the clubs to avoid

them, and to relax the pull suddenly in order to make another touch them. The hands must be kept clasped throughout the game. When several have been eliminated from one circle, have them start another circle in order to be occupied.

PUSH BALL RELAY

*Playground; gymnasium.
3rd Grade through High School.
10 to 80 players.*

Plan of Game. Formation is the same as in simple form of relay.

Each team is provided with a wand and a basket ball or a medicine ball. The object of the game is to have each player in turn push the ball with the wand to a designated spot and return. The team getting back to their original position first, wins.

Remarks. The ball may not be hit—it must merely be pushed, the wand being kept close to the ball all the time and a sort of “scooping” motion used. The same rules as apply in other relays apply here.

PUSH CLUB RELAY

Playground; gymnasium.

3rd Grade through High School.

10 to 80 players.

Plan of Game. This relay is played in the same way as “Push Ball Relay,” except that an Indian club replaces the ball, and the club may be hit, as well as pushed.

Remarks. Owing to the shape of the club it is very difficult to make it go straight so that amusing situations constantly arise. This is therefore a very interesting game to use in a gymnastic meet of any kind, as the audience enjoys it almost as much as the participants.

RED LIGHT

Playground; gymnasium.

Grades 1 through 6.

10 to 40 players.

Plan of Game. One player, who is chosen to be *It*, stands at the extreme end of the field or gymnasium with his back to the center. All other players are grouped at the opposite end. The one who is *It* counts up to *ten* as rapidly but as clearly as possible, then shouts "Red Light" and turns around quickly. While he is counting, the other players are running toward him, but as soon as he says "Red Light" they must stop at once and must not move while he is looking at them. If he should see a player moving, he sends him back to the starting line to begin again. Then he turns around again and the game proceeds as before. The first player who reaches the goal line on which the one who is *It* is standing, wins the game, and may be *It* the next time.

Remarks. The game is a variation of "Ten Steps" in which game the players are supposed to go somewhere and hide, and it can be played either on the playground or in the gymnasium. It gives practice in quick action and quick muscular control; it encourages timid children to take chances; and it affords continuous exercise.

Caution. Be sure to emphasize the fact that a child who is seen moving must go *all the way back* to the starting line and not merely make a feint at going. Make it plain that this is a point of honor and exclude any child from the game who is found not to be fulfilling the requirement. Be sure that the one who is It counts to ten without skipping any numbers, and speaks loudly and distinctly enough to be understood.

RELAY RACE (Simplest Form)

Playground; gymnasium; schoolroom.
3rd Grade through High School.
10 to 80 players.

Plan of Game. According to the number of players, teams of about ten in number are chosen. The teams line up in parallel rows, the leader of each team having his toes on a starting line or mark, the others of his team standing directly behind him. On a signal, the leader in each row runs to a designated spot (usually a wall or fence), touches it, then runs back and touches the next player in his team who has moved up to the starting line and is waiting there with hand outstretched to be touched. After this the first player goes to the end of the line. The moment the second player is

touched, he dashes off and runs as the first one did. The game continues in this manner until each player has been touched and has run the required distance and the leader is once more at the head of the line. The team which accomplishes this first, wins the race.

Variations.

1. Have the runners *skip* over to the mark and *run* back.
2. Have them *hop* over on one foot, and back on the other.
3. Have them *walk* both ways or *walk* one way and *run* the other.
4. As each player returns, instead of having him tag the first player in the line, have him run to the *end* of the line and touch the last player who touches the one in front of him and so on up the line until the first player receives the tag—when he runs.

RESCUE RELAY

Playground; gymnasium.
3rd Grade through High School.
10 to 80 players.

Plan of Game. Formation is the same as in the simple form of relay, except that one player from each team stands facing his own team at some

distance from it. On the signal, this player runs to the first one in his team, grasps his hand, and runs back with him to the leader's original place. The original runner then stays there, but the one whom he took over goes back and gets the next player, and so the game continues until all have been brought over, and a new line has been formed behind the original leader. The team that is first rescued (that is, that gets all its players to the new line first), wins.

Remarks. Players must be sure to keep hands joined while they are running, and *both* must go the entire distance across the running space before the one can return for the next player. In all relays, in order to avoid collisions and to save time, instruct runners always to run to a designated side of the line to reach the next player—right or left according to the circumstances. Be sure that each player waits on the line *until he is touched*. Disqualify any team or player that disregards this rule.

STEALING STICKS

Playground; gymnasium.
4th Grade through High School.
10 to 50 players.

Plan of Game. A large playing space is divided across the middle by a well-defined line. The

players are divided into two teams, *A* and *B*, with a captain for each team. At the extreme back end of each side, in the middle, three sticks of wood or Indian clubs or bean bags are placed, which are called the *booty*. Over in one corner on a line with the booty is marked off a space about 4 feet square which is the *prison*.

The object of the game is to steal the sticks, or booty, of the opposite team. As soon as any player crosses the center line he is in enemy territory and is liable to be caught, but if he can succeed in capturing a stick, club, or bean bag, or whatever is being used as booty, he may then return to his own side in safety. If he is caught before he gets the stick, he must go to prison and wait there until a player from his own team comes to get him. As soon as the one who rescues him touches his hand, they may both return to their own side without being tagged, as in the case of the capturing of a stick. The game ends when one team has all the booty and none of its men in prison. If time is called, the team having the greater number of sticks or prisoners, wins.

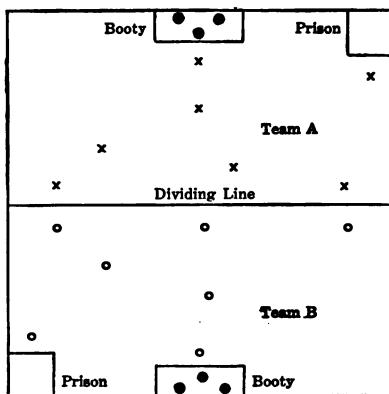
Rules.

1. The game must not start until a definite signal is given.
2. Only one stick (bean bag, ball, etc.) or one prisoner may be taken at a time by any player.

3. Not more than one player may guard either the sticks (booty) or the prison.

4. The guard of the sticks (booty) may not sit or stand upon the sticks, but must leave them well exposed.

5. The last prisoner caught at any time during the game, must stand with at least one foot in the prison; the other prisoners may then stretch



STEALING STICKS

out from him, but must keep their hands or feet touching, all of the time, in one continuous line. The rescuer then takes the *first* one in the line each time, until all are freed.

6. No prisoner may run out to meet a rescuer who is coming toward him.

Remarks. Coach players to use strategy in making advances for booty; as, for example, by having several make a concerted attack and thus confuse their opponents. Urge them to take risks and thus keep up the interest of the game. In cold weather it is suggested that prisoners

either be allowed to escape, or else be exchanged in order to avoid having them stand still too long.

Sometimes in the midst of the game, if action seems somewhat slow, the leader calls out: "Prisoners may escape." Allowing prisoners to escape creates great excitement and makes everybody move.

This game is practically a universal favorite, affords much exercise, holds the interest of players, and tends to encourage timid children to be less afraid.

STRAIGHT LINE

Gymnasium.

3rd Grade through High School.

10 to 50 players.

Plan of Game. The players are arranged in two parallel lines, about 10 feet apart, in file formation. On a signal from the teacher, the players in each line turn away from the center, run to the opposite end of the gymnasium, touch the wall, and run back to place. The object is to see which line of players can get back to place and form a straight line first. *One point* is awarded to the line first getting back into order. The line that has the most points at the end of the play period, wins.

For variation have the lines run in a circle, following the leader, to see which one can get back to place first. Then have them face in the opposite direction and have the player at the other end act as leader, and proceed in the same way. Other types of formation may be used at the teacher's discretion.

Remarks. While this isn't a "game" in the true sense, it can serve as such at the end of a gymnasium lesson when the time is limited. It gives the children good practice in forming a straight line and coming to attention with rapidity, and since an element of competition enters, it holds their attention. This is a good combination of free exercise and fundamental position.

TRADES

Playground; gymnasium.

Grades 1 through 6.

10 to 50 players.

Plan of Game. The players are divided into two teams, A and B. Team A thinks of some *trade* or occupation, such as "digging potatoes," "washing windows," etc., and advances to a line on which

the other team is standing. As Team A advances the following conversation ensues:

Team A: "Here we come."

Team B: "Where from?"

Team A: "New York."

Team B: "What's your trade?"

Team A: "Lemonade."

Team B: "How do you do it?"

The players on Team A then perform the action while the other players try to guess the trade. As soon as a player on Team B gives the correct answer, the whole team chases the players on Team A as far as their goal line, trying to catch as many as possible before they reach there. Any Team A players who are caught return with the catchers and become members of their team. The game continues in this manner until a specified number of Team A players are caught by Team B. Then Team B may choose a trade, and Team A does the guessing.

Remarks. If the guessing side seems slow in finding out the trade, have the actors give the initials of each word, as "W. T. W."—"washing the windows," as this will help to speed up the action. This game has about the same features in its favor as "Flowers and the Wind" and is equally popular.

VARIETIES OF "THREE DEEP" AND
RELATED GAMES

Playground; gymnasium.

4th Grade through High School.

20 to 50 players.

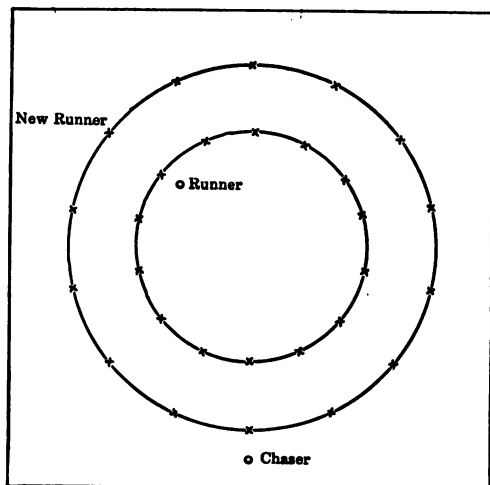
1. SIMPLEST FORM

Plan of Game. Players stand facing the center in a double circle; that is, in two circles with one player directly behind the other, so as to form pairs or couples. Two players are chosen, one to act as *runner*, the other as *chaser*. The object of the game is for the chaser to tag the runner. The runner and chaser start outside the circle usually at points opposite each other. Whenever the runner is about to be tagged, he runs in *front* of any pair in the circle and stands there, whereupon that group being thus made "three deep," the *outer one* of the three must run, and the chaser then tries to tag him. When a player is tagged he becomes the chaser, the former chaser becomes a runner, and the game continues as before.

Remarks. When there are a great many playing, it is better to have two runners and two chasers.

Be sure to coach players to dodge in front of a couple frequently so that all will have a share in the game.

To vary the game, have the runner stop *behind* a pair, whereupon the one in front must run; or



THREE DEEP

to change it more completely, reverse the positions by having the *third* man become chaser and the chaser become the runner.

2. TWO DEEP *

Plan of Game. Players are seated in a single circle. Two are chosen to act as chaser and runner as in the "Simplest Form of Three Deep." The

* The procedure and rules for the variations of "Three Deep" are the same as in the "Simplest Form" of the game.

runner instead of standing in front of a player for safety, must sit in front of him, whereupon that one must jump up and run.

Remarks. The advantage of this game is that it requires agility to be able to sit and stand quickly, and thus an element of interest is added for older players. If there is a large group playing, have the players sit in a double circle and proceed as in "Three Deep."

3. PARTNERS SIDE BY SIDE

(Single Circle)

Plan of Game. Partners stand in single circle, side by side, hands joined. The one who is being chased grasps the left hand of one player, whereupon his partner must run.

4. PARTNERS FACING

(Double Circle)

Plan of Game. In this form of the game the one who is being chased runs in between a couple, and the one to whom his back is turned must run.

5. STRIDE STANDING

(Double Circle)

Plan of Game. Here players stand with their legs astride. The one who is being chased dives in

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between the legs of a couple, and the last man must then run.

6. SITTING AND JUMPING

(Single Circle)

Plan of Game. Players sit in a single circle. The one who is being chased jumps over a player from the back, whereupon that player must get up and run.

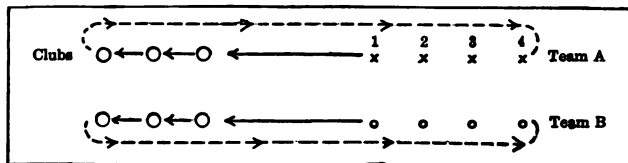
UP AND DOWN RELAY

Playground; gymnasium.

Grades 3 through 8.

10 to 40 players.

Plan of Game. Players and clubs are arranged as shown in the diagram. On the signal, the first



UP AND DOWN RELAY

player in each team runs to the clubs and knocks each down in succession. He then returns to the next player in line, tags his hand and goes to the end of his team. The game then proceeds as in other relays, except that one player knocks down, and the next sets up, the clubs. Only one club can

be set up or knocked down at a time, and before a player is considered to have completed his turn, every club must be standing or every club must be down.

Remarks. This relay is somewhat like the "Indian Club Race," but it is simpler in form as there are only three clubs to be set up and not so much running back and forth for the individual players. It gives children practice in self-control under stress of excitement, however, and is a good preparation for the "All Up Relay" or the "Indian Club Race."

WHIP TAG

Playground; gymnasium.

Grades 1 through 6.

10 to 30 players.

Plan of Game. This is almost exactly like "Skip Away," except for the fact that the runner carries a *whip* (a knotted ribbon or handkerchief), which he puts into the hands of one of the players who are all standing in a circle, with their hands held open behind their backs. As soon as a player receives the whip he gives chase to the one who gave it to him, and tries to hit him with it before he can get back to the vacant place in the circle. The whipper then goes around the

circle once more, dropping the whip into another player's hands, and the game proceeds as before. A fast runner will probably not be hit at all, so it is a great incentive to each runner to go as fast as possible.

Remarks. To make the game a little more exciting, have all of the players in the circle keep their eyes closed and urge the runner to go as quietly as possible so that no one will know into whose hands he is going to drop the whip. This affords opportunity to teach the children to play honestly and not "peek." If players are tempted to open their eyes to peek, make it a strong point that the whip will never be given to any one who does not play fair and keep his eyes closed.

BASKET BALL RELAY, No. 1

Playground; gymnasium.

4th Grade through High School.

10 to 100 players.

Plan of Game. Formation is the same as for simple form of relay. The leader of each team holds a basket ball or a baseball. On the signal he runs to a designated spot opposite his team, turns around, and throws the ball back to the second player in his team, who has stepped up to the starting line. The second player, on catching the ball,

runs as the first one did, and the race proceeds in this way until every player has caught the ball and crossed to the opposite side. The team wins which first has all its members on the opposite side.

Remarks. For younger players a bean bag may be substituted for either kind of ball. When a basket ball is used, have different throws used in order to train prospective basket ball players in the various methods of passing; and also emphasize the correct way of catching. If a baseball is used, have the underhand throw used, and when girls are playing, use an indoor baseball. This relay furnishes excellent preparatory practice for basket ball and baseball.

BASKET BALL RELAY, No. 2

Basket Ball Court.

7th Grade through High School.

10 to 20 players.

Plan of Game. Two teams, *A* and *B*, are lined up across the end boundaries of the basket ball field. On a signal, the first member of each team runs with the basket ball to the opposite end of the field, and tries to put the ball into the basket. He stays until he succeeds, whereupon he returns to the second member in his team, and gives him the ball. The second then proceeds as the first

one did. This is repeated until every member of the team has succeeded in putting the ball into the basket and has returned to his side. The team on which the last player returns first, wins.

Variation. Have two players run down the field at the same time, passing the ball zigzag to each other, taking turns at trying for the basket until the ball goes in, then returning in the same manner. This keeps more people active and also gives excellent practice in passing and catching. (See cautions under "Pass and Catch Relay.")

Remarks. Speed and accuracy are great factors in this game, and the ability to shoot baskets under the stress of the moment is cultivated. Thus it gives a coach opportunity to discover good "forward" material for basket ball.

BASKET BALL RELAY, No. 3

Basket Ball Court.

8th Grade through High School.

10 to 20 players.

Plan of Game. Two teams are lined up in parallel lines, the *leaders* standing on the first division line of the basket ball field, the others in a line behind, and all facing the basket.

On the signal, the leader of each team, each holding a basket ball, runs to the same basket and

tries to put his ball into the basket. *Whether he succeeds or not* he immediately returns to the second member of his team, gives him the ball, and goes to the end of the line. The second member then has a try at the basket, and so on through the whole team.

Every time a player puts the ball into the basket it counts *one point* for his team. The team finishing first is also awarded *one point*, so the winning team is the one that gets the **greater number** of points.

Remarks. This game is perhaps better suited to skilled basket ball players; for since only one trial for the basket is permitted, beginners would make almost no score and so would get very little practice in shooting.

Always insist upon having the ball *carried* back and put into the hands of the next player—it *must not be thrown*.

BASKET BALL SHUTTLE RELAY

Gymnasium.

8th Grade through High School.

20 to 50 players.

Plan of Game. Players are lined up in teams as in "Shuttle Relay."

On the signal, the first player in the half of each team that is facing *down* the gymnasium throws

a basket ball to the first player in the other half of his team lined up just opposite, and then runs across the gymnasium. When this player crosses the line on which the player who has just caught the ball is standing, the latter throws the ball across to the player facing him on the opposite side and runs across to that side, even as the first player did. This continues back and forth until all the players on a team have exchanged sides. The team on which the last player reaches the opposite side first, wins.

Variation. Instead of having the player who holds the ball throw it as soon as the one who is running crosses the line on which he is standing, have the runner go to the last player on the team and tag him; he in turn tags the one in front of him, and so on up the line until the first one receives the tag, when he throws the ball and runs. This gives everyone a chance to participate more directly in the game each time, and also helps to hold the interest and to teach quick reaction and self-control.

Remarks. This game has an advantage over "Basket Ball Relay, No. 1," in that there is no running with the ball, and that there is the added element of practice in passing and catching. It is, of course, a more advanced form.

See diagram for "Shuttle Relay."

BOSTON

(Cover Stool)

Gymnasium.

3rd Grade through High School.

10 to 30 players.

Plan of Game. Players are seated in a circle on stall bar benches, or chairs. There is one empty chair, in which one player who stands in the center tries to sit. The center player calls out periodically, "Change left," or "Change right," whereupon everyone who is seated must change places, moving only in the designated direction, while he rushes for the empty chair. If he should capture it, the one next to it who failed to fill it in time must go into the center. The game continues thus indefinitely.

Remarks. This game can be used equally well for grown people in community gatherings and affords much amusement.

BOUNDARY BALL

Playground; gymnasium.

5th Grade through High School.

10 to 40 players.

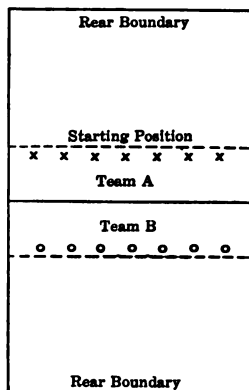
Plan of Game. The field or gymnasium is divided into two parts by a line drawn through the center on the ground or floor. The players

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form two teams, *A* and *B*, and line up on either side of the center line, about 10 feet from it.

The object of the game is for the one team to throw the ball over the opponents' rear boundary line, thus scoring *one point* toward winning.

The game is started by having one member of the team that wins the toss up take the first throw.



BOUNDARY BALL

The point at which the opposing team stops the ball indicates the point at which they must line up for their throw. Thus the object of the team that throws is not only to throw the ball over the opponents' boundary line, but also to force the other team back as far as possible. If the ball should fall in front of a team, any member may run forward and

stop it, and the whole team may move up to that point, but never farther than the original starting place, that is 10 feet from the center line.

The side first scoring five points, wins.

Remarks. This game which is similar to "Catch Ball" is excellent preliminary practice for basket ball, as it involves quick passing and catching, and keeps the teams, as a whole, active all the time.

BRONCO TAG

Gymnasium.

7th Grade through High School.

14 to 50 players.

Plan of Game. Players stand in a circle in groups of three, one behind the other, the second clasping the first and the third clasping the second around the waist. The first of each group of three represents the head of the bronco, the second the body, the third the tail. Two players are chosen who chase each other around the circle. The one who is being chased, to avoid being caught, tries to catch hold of the tail of the bronco, but the bronco turns away from him and tries to keep him off by dodging first one way and then another. If he should succeed in keeping hold of the bronco, the player who is the head must then run and be chased, and so the game continues. If the chaser tags the runner before he catches hold of a bronco's tail, then the runner becomes the chaser and must try to tag him.

Remarks. This is a very lively and amusing form of the game, "Three Deep," and players must be warned to keep tight hold of one another when the bronco is "bucking." The game may be too rough for younger children so it may be wiser to restrict its use to older ones, especially in the case of boys.

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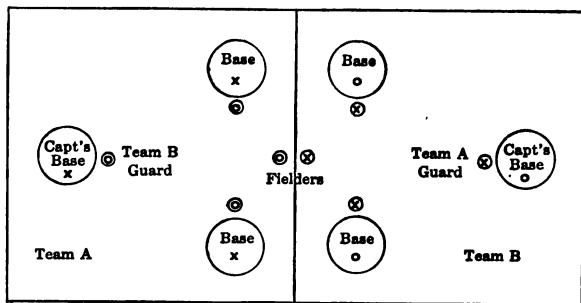
CAPTAIN BALL (Simplest Form)

Gymnasium.

7th Grade through High School.

14 players.

Plan of Game. Three circles are drawn on the floor in each half of the playing space, in triangular arrangement, about 15 feet being allowed between the circles in each triangle. These circles are the bases. The players are divided into two teams, as *Team A* and *Team B*, and each team consists of three *basemen* (one of whom is the captain),



CAPTAIN BALL

three *guards*, and a *fielder*. The basemen stand in the bases, the guards of Team A in front of those of Team B, and vice versa, and the fielders almost in the middle of the playing space, although they are at liberty to run at large and to catch the ball.

The object of the game is to have a captain catch the ball when it is thrown from one of his basemen. Each time he does so it scores *one point* for his side.

The game is started by having the ball tossed up between the two fielders standing in the center. The one who catches it has the privilege of the first throw. The game then continues, each side trying to throw the ball from a baseman to the captain, while the guards try to intercept the throws. Each time the captain catches the ball, it is taken back to the center, and the game begins again, as before. The time is divided into halves, the side having the higher score at the end of the second half, winning. At the end of the first half, the guards and basemen change places.

Fouls. It is a foul:

1. For a baseman to step out of his base with more than one foot.
2. For a guard to step inside a base, even with one foot.
3. To snatch the ball from an opponent.
4. To bounce the ball more than once.
5. To run with the ball.
6. To hand the ball instead of throwing it.
7. For a player to hold the ball more than three seconds.

Penalty for any one of the above is a free throw by a baseman to his captain.

Remarks. When there are more than fourteen players, more circles can be added to accommodate the greater number. For more advanced forms of the game, see Jessie Bancroft's "Games for the Playground, Home, School, and Gymnasium" (Macmillan).

Where the playing space is limited this game is an excellent substitute for basket ball, and can be used as a game preliminary thereto, as it gives practice in catching, passing, and guarding, and embodies many of the rules of basket ball.

CATCH BALL

Gymnasium; schoolroom.

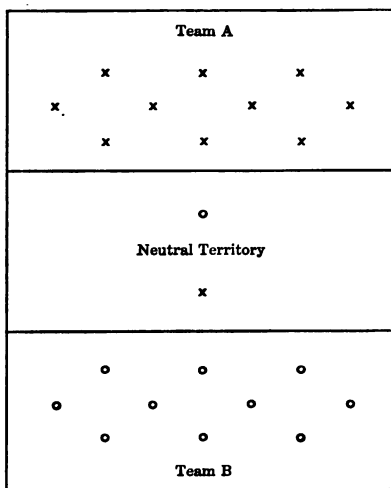
7th Grade through High School.

20 to 50 players.

Plan of Game. When played in the gymnasium, if there is a basket ball court marked in three divisions as for women's rules, one team (*A*) is scattered over the space at one end, the other team (*B*) at the opposite end; and the central space is called neutral territory. These divisions can easily be marked with chalk when there is no basket ball court, and in the schoolroom certain rows of desks are designated as the neutral space.

The object of the game is for one team to throw a basket ball across the neutral territory into the space occupied by the opposing team and, if possible, to make the ball land on the floor.

At the start, to determine which team may serve first, two players, one from each team, are called into the central or neutral area, and the ball is tossed up between them. The player who either catches the ball or bats it into his own territory wins the first serve for his team. That team then serves. If the opposing team catches the ball,



CATCH BALL

it immediately throws it back, and has the privilege of scoring a point if the ball hits the floor. If the ball is not caught, the first team serves again. However, every time the ball is thrown into neutral territory, the serve changes.

Whenever one team causes the ball to land on the floor in the territory of the opponents, *one*

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point is scored for the team who did the throwing; but if the ball lands in the neutral territory, *one point* is scored by the opposite team. The team first getting twenty-five points, wins the game.

Remarks. The more rapidly the ball is passed back and forth, the better is the chance of scoring, so coach the players not to wait when they catch the ball, but to throw it back immediately and to aim at a spot where no opponent is standing. If certain players seem to monopolize the play, change the positions from time to time so that all may have an equal opportunity. The long over-arm pass is usually most successful, and thus this game affords excellent preliminary practice for basket ball, since it also gives training in catching and gaining speed in handling the ball.

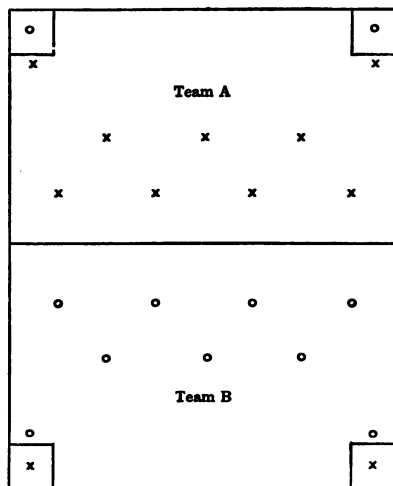
CORNER BALL

Playground; gymnasium.
7th Grade through High School.
10 to 50 players.

Plan of Game. A playing space about the size of an average basket ball court is divided in half, and *goals* about 2 feet square, are marked off in the further corners of each half. The players are divided into two teams, which stand scattered

about in each half of the field. In each goal is stationed one player who is *goal man* for the team on the opposite side of the field.

The object of the game is to throw the ball over the heads of the opponents to one of the goal men at the rear. Each time the ball is caught by a goal man it counts *one point* for the side throwing it. The side first gaining twenty points, wins.



CORNER BALL

Fouls.

1. No player may cross the line which divides the field.
2. The goal men may not step out of their goals.
3. No opponent may step inside a goal.

If a ball is caught by a goal man as a result of any of the above fouls, it does not score.

Penalty for fouls: Ball goes to the other side.

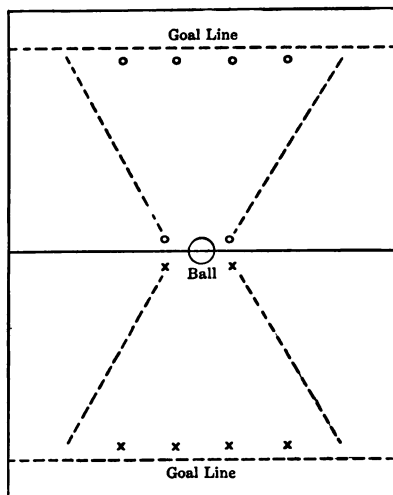
CORNER KICK BALL

Playground; gymnasium.

7th Grade through High School.

10 to 20 players.

Plan of Game. Players are divided into two teams which line up about 50 feet away from each other, facing the center of the field or gymnasium. A line is drawn across the middle of the field, and,



CORNER KICK BALL

on this, a basket ball or a soccer ball is placed. Four players, one from both ends of each team, come to the center and stand around the ball. On the signal, each tries to kick the ball toward the opponents' goal line on which the team members

are standing. When it comes near a goal line, the members of that team kick it away. The object

of the game is to kick the ball over the opponents' goal line, each goal thus gained counting *one point*. Whenever a goal is made, the ball goes back to the center, and four more players come out and start the game as before.

The side first gaining five points, wins.

The players on the goal line may not run out more than two feet to kick the ball.

The ball may not be touched with the hands.

Penalty for the latter: Ball goes back to the center and is started as at the beginning.

DRIVE BALL

Playground; gymnasium.

7th Grade through High School.

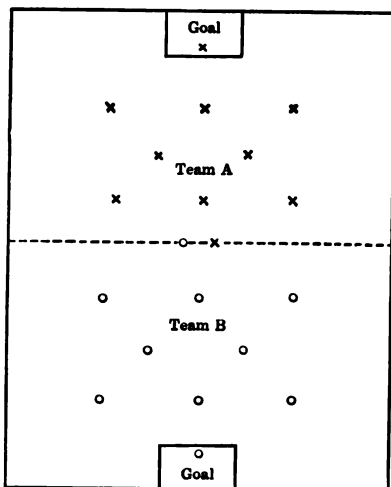
10 to 30 players.

Plan of Game. A field or playground space, about 50 feet long and 30 feet wide, is divided into two equal parts with a line across the center. At the center of the back line of each side, a goal about 4 feet wide and 2 feet long is marked. Bases are marked at certain distances over each half of the field, the number and distance being determined by the number of players. Players are divided

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into two teams, and each player stands on a base, from which he may not move more than 2 feet, while one player, chosen beforehand, guards each goal. The object of the game is to bat the ball into the opponents' goal.

The game is started by two players, previously selected, one from each side, who stand on the middle line, each facing his own goal. The ball is



DRIVE BALL

tossed up between them and each tries to bat it with his fist toward his opponent's side. The game thereafter continues by each team's trying to bat the ball toward the opponents' goal and to keep it from their own. The ball must not be caught or

thrown, but if it falls to the ground it may be picked up and batted again.

Every time the ball goes into the goal it scores *two points* for the attackers. For every foul, *one point* is scored for the opposing side.

Fouls. It is a foul to catch the ball, to hold it, to throw it, or to cross the middle line.

FIGURE EIGHT RELAY.

Playground; gymnasium.

Grades 5 through 8.

10 to 40 players.

Plan of Game. Formation is the same as in "Up and Down Relay." On the signal, the first player in each team runs to the clubs, and weaves his way between them describing a figure eight, both going and returning. He then runs back to his team, touches the hand of the next one in line, who proceeds in the same way, and so on, the race continuing as in other relays. If a player knocks a club down, he must stop and set it up again.

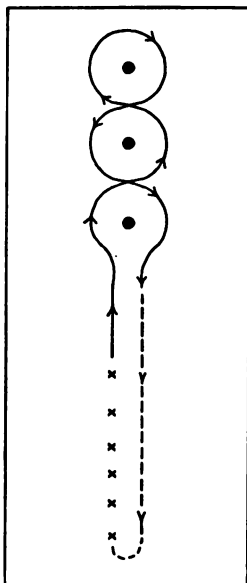


FIGURE EIGHT RELAY

Remarks. The value of this relay lies in the fact that great care must be used when making the figure eight, but speed must be maintained

at the same time. Every club must be left standing before a player may return to his team.

FLOOR BALL

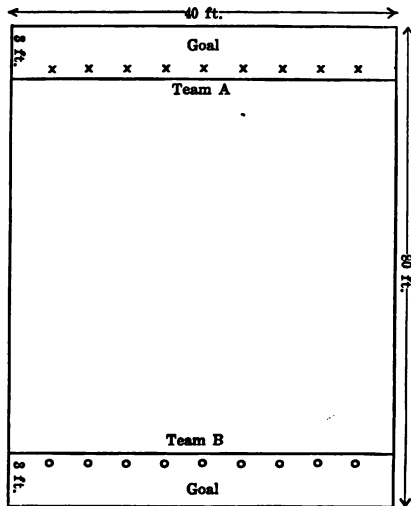
*Playground; gymnasium.
7th Grade through High School.
10 to 30 players.*

Plan of Game. When played indoors, the play space is the entire gymnasium floor; when played out of doors, it is a field, about 40 x 80 feet in size. A goal line is drawn across each end, about 3 to 5 feet from the wall, or boundary, the intervening space serving as the goal. If possible, a rope is also stretched across each end of the room or field, 5 feet above the goal lines.

The players are divided into two teams, and at the beginning of the play they must line up behind the goal lines. A referee is chosen, or the teacher or game leader may act as referee. The ball used is a basket ball or volley ball, and it is put in play on the goal line of the team winning the toss up. One of the players chosen from that side, bats the ball while it is on the line. Then he and all of his team mates run out, keeping on a line with the ball. At the same time all the players from the other team run out from their goal and oppose them.

The object of the game is to bat (not throw) the ball over the opponents' goal line, and each time this is done it counts *three points*.

When the ball is stopped by two or more players for any length of time, the referee must blow his whistle, stop the play, and select two players who must stand with the ball between them; and, at the signal, try each to bat the ball toward his own goal.



FLOOR BALL

The playing time is divided into halves, the length to be determined by the age of the players. The goals are changed at the end of the first half. The side having the higher score at the end of the second half, wins. After the first half the ball shall be put in play by the side not putting it in play last.

Fouls.

1. Catching or holding the ball with two hands.
2. Kicking the ball, or stopping it with the foot.
3. Touching of the ball a second time by the one who puts it in play at beginning, before it is touched by another.
4. Striking ball with fist.
5. Tackling, holding, or pushing an opponent.

A foul gives the ball to the opposite side at the point where the foul was made.

Remarks. This game is likely to become very rough unless carefully watched, and there will always be a tendency for players to "bunch" where the ball is. Coach players to keep as open a formation as possible, and to bat the ball along the floor from one to another. It is best for a player, when putting the ball in play, to bat it lightly to another player on his side who will dribble it with the hand as far as possible.

HANG TAG

Gymnasium.

7th Grade through High School.

10 to 40 players.

Plan of Game. All of the apparatus in the gymnasium on which it is possible to hang, is brought out. One (or two if there are large numbers) is chosen to be *It*. The rest are to be chased, and are only safe when hanging on some piece of apparatus. Anyone tagged becomes *It*, and the game goes on indefinitely.

Remarks. This is an excellent game to use with a large new gymnasium class in order to give them exercise and to familiarize them with the different kinds of apparatus. The tendency will be for the players to stay too long on one piece of apparatus and thus slow up the game, so it is often necessary to spur them on to change apparatus and to take risks.

HINDU TAG

Gymnasium.

3rd Grade through High School.

10 to 40 players.

Plan of Game. One player, who carries a newspaper which is folded into a roll to be used as a "beater," is *It*. The other players are scattered

about the gymnasium. The one who is It chases any of the players, who try to avoid being tagged by getting down on their knees with their heads on their hands as though worshipping. If the chaser hits anyone before the position is assumed, the latter is It, and changes places with the original chaser. The game continues indefinitely.

HUMAN HURDLE

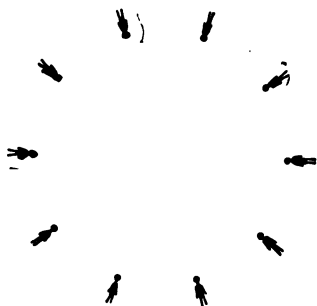
Gymnasium.

7th Grade through High School.

10 to 50 players.

Plan of Game. Players are divided into two teams, who lie on the floor in two circles, faces

down, heads toward the center, feet together and out straight as in diagram. Each player is given a number as 1, 2, 3, etc. On the signal, No. 1 jumps up and vaults over every successive player in turn, and when he gets back



HUMAN HURDLE

to his original place he lies down again. In the meantime, as soon as No. 2 has been jumped over

he does the same as No. 1, following him around the circle and back to his place. Each one in turn does likewise until every player has jumped over every other player and has returned to his original place. The team by which this is first accomplished, wins.

JUGGLE RELAY

Gymnasium.

8th Grade through High School.

10 to 20 players.

Plan of Game. Two teams are lined up as in the simple form of relay, each leader toeing the first division line of the basket ball field and facing the *opposite* basket.

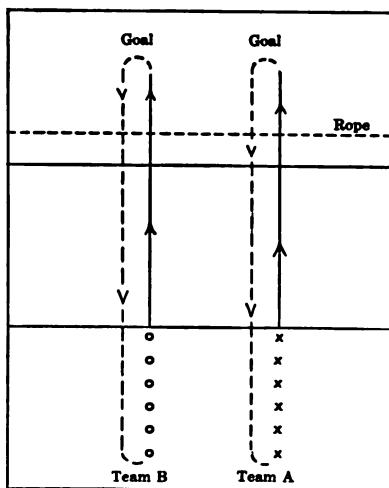
On the signal, the leader of each team runs with a basket ball to a spot where a rope has been stretched across the gymnasium, about 6 or 8 feet from the floor. He then "juggles" the ball, throwing it over this rope, and running under and catching it on the other side. After this he runs on to a designated goal and returns with the ball to the next player in line, who proceeds as he did. The race continues until each one has had a turn, the team which finishes first being the winner.

Variations.

1. Instead of having the runner return to his own side with the ball, have him throw the

ball back to the next player, using the overarm pass.

2. Have the runner throw the ball over the rope on the return trip as well as on the advance.



JUGGLE RELAY

or a horizontal ladder will do. Caution players not to throw ball too far in front of them, but *high* enough.

Remarks.

This game is excellent practice for the "juggle" in basket ball. If it is difficult to get a rope to stretch across the gymnasium, a volley ball net wound closely, a boom,

NINE COURT BASKET BALL

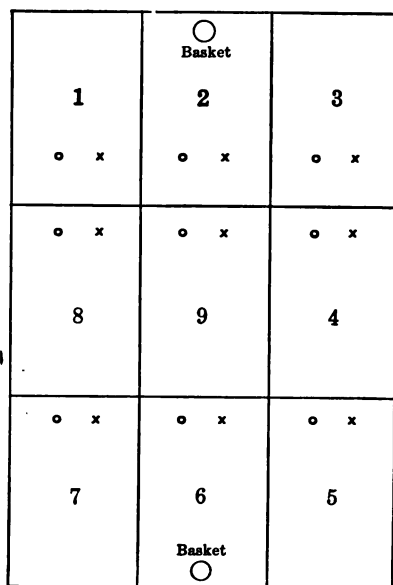
Playground; gymnasium.
7th Grade through High School.
18 to 36 players.

Plan of Game. A regulation basket ball court for women is divided into nine courts. This is done by drawing two straight lines lengthwise from one end of the field to the other, thus dividing the width of the field into three equal segments; the other cross lines on the field bisect these longitudinal lines. The numbers of the courts are marked in each one, beginning at one corner and going around the field, in sequence, the center court being No. 9.

Players are divided into two teams, as *A* and *B*. In each court is at least one player from Team *A*, those near the one basket being the *forwards*, those in the middle courts being *centers*, and those in the courts at the opposite basket being *guards*. In the same courts there stands at least one opponent for each position from Team *B*, the basket for this team being, of course, the one at the opposite end from Team *A*'s basket. When there are more than eighteen playing, there may be two or more from one team in the same court, with an equal number of opponents.

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The game is started, as in regular "Basket Ball," by having two opponents in the center jump for the ball when it is tossed up by the referee. The ball must be batted and not caught,



NINE COURT BASKET BALL

and the game then proceeds, each player trying to throw the ball toward his own basket. The ball may be thrown for the basket from any one of the three courts nearest it, and each time it goes in, it counts *two points*. All players then advance one court in reg-

ular sequence, and the ball is taken back to the center and the game started again as before. Players must not step out of their courts while playing. Anyone so doing makes a *line foul*, and the other side is given an unguarded throw as in regular basket ball. The team having the greater

number of points at the end of the playing time, wins.

All rules which are given in Spalding's "Basket Ball Rules for Women" apply here. It is a book which should be used as reference in teaching "Nine Court Basket Ball."

Remarks. The chief advantages in this game are that it makes it possible for many to play at once, and that it gives everyone a chance to play different positions in regular rotation. Before choosing basket ball teams, it affords the coach excellent opportunity to study the material, and to try out the players in different positions and thus see for which ones they are best suited. It is also not too strenuous for beginners, as there are so many on the field that the play is evenly distributed.

PASS AND CATCH RELAY

Playground; gymnasium.

8th Grade through High School.

20 to 50 players.

Plan of Game. Two teams are lined up in couples, about 6 feet apart, facing down the field.

On the signal, the first two players, one of whom holds a basket ball, start running down the field passing the ball between them. They run to a designated line, return, and give the ball to the

next two players in their team, who proceed in the same manner, and so on through the whole team.

The object of the game is to see which team can finish first and which can make the lesser number of fumbles with the ball.

The team which finishes first, receives *one point*; the team which makes the fewer fumbles receives *one point*. The team having most points at the end of a playing period wins.

Remarks. Two score keepers are necessary in order to watch each team adequately. This game is excellent preliminary practice for basket ball, and the following points must be emphasized: 1. The player who has *not* the ball must run ahead several steps. 2. As the ball is caught, the catcher must leap into the air and come down firmly on two feet and throw the ball immediately *while standing*. 3. The thrower must aim the ball somewhat ahead of the catcher and about on a line with the waist. 4. The thrower must use the "chest pass." 5. The thrower must run ahead *as soon as* he has thrown the ball. Before introducing the competitive element in this relay, it is well to have each team practice the passing and catching for some time, in order to become fairly proficient and to make the greatest speed possible for the race. See diagram under "Basket Ball Relay No. 2."

PASS BALL

Gymnasium.

5th Grade through High School.

10 to 50 players.

Plan of Game. Players stand in a circle, with about 3 feet between the players. A basket ball, volley ball, or bean bag—depending upon the age and ability of the players—is passed around the circle while music is being played. Whenever the music stops, the one who holds the ball is “poisoned” and must drop out of the game. The object of the game is to see who can stay in the longest.

Remarks. This game is valuable in teaching quick passing. For older players, two balls may be used to speed up the action. If no music is available, the leader may either sing or clap hands.

PHILADELPHIA BAT BALL

Playground; gymnasium.

7th Grade through High School.

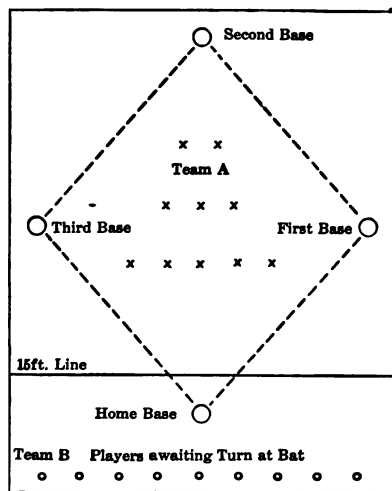
10 to 60 players.

Plan of Game. This game is a somewhat advanced form of “German Bat Ball.” The field is divided as in “German Bat Ball,” but there are three bases instead of one, and each is in the same

relationship to the other in position as first, second, and third bases are in baseball. A runner who finds himself in danger of being hit by the ball may stop on any of these bases, whereupon the ball is immediately thrown back toward the

home base from which it was batted, and across the 15-foot line.

As soon as it has crossed the 15-foot line, the runner may not advance until another player bats. If he starts before the ball has been batted, the umpire must send him back. The same rules as



PHILADELPHIA BAT BALL

in baseball apply to a baserunner after a caught fly. A baserunner must not run more than 3 feet outside of the base line. All other rules which are followed in "German Bat Ball," apply here.

Remarks. This game affords good preliminary practice for baseball, as it embodies many of the

rules of the game, while eliminating the more difficult element of batting and catching.

Players in the field will have to be constantly reminded to throw the ball back toward the home base whenever a runner touches a base, because until this is done, the runner has the privilege of advancing to another base and a fast runner and quick dodger can often make a home run in this way.

PIG IN A HOLE

Playground; gymnasium.

4th Grade through High School.

10 to 20 players.

Plan of Game. If played out of doors, a hole is dug in the ground, large enough to hold a basket ball, and around this in the form of a circle about 10 feet in diameter are made small holes. The number of holes in the circle depends on the number of players, but there should always be one less hole than there are players. In the gymnasium small chalk circles are drawn on the floor to correspond to the holes. Each player is provided with a stick about 3 feet long; wands are very suitable in the gymnasium.

All the players stand around the central hole with their sticks under the basket ball or "pig" which is in the hole, and count to three. As the word "three" is pronounced all raise their sticks

in the air, thus dislodging the ball, and each player runs to put the end of his stick into one of the small holes. As there is one less hole than

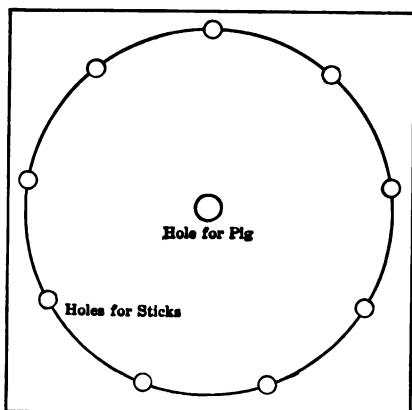


FIG IN A HOLE

there are players, one player will be left out, and he must try to hit the basket ball into the central hole and, at the same time, try to get his stick into one of the small holes. The other players keep hitting

the ball out of his reach, meanwhile guarding the small holes. If he gets his stick into a small hole, he is no longer the odd one, but another who can get no hole becomes the attacker and the game continues until some one gets the "pig" into the hole. As soon as a player succeeds in getting the "pig" into the hole, the game ends, and may be played again and again, as long as it remains interesting.

Remarks. The ball may not be kicked; it may only be hit with the sticks or wands. It is not

necessary for each player to keep the same hole all the time, so in order to make the game more exciting and to keep everyone on the alert, coach players to run out from the circle and hit the ball away, and also to take each others' holes.

PIN BALL

Gymnasium.

7th Grade through High School.

12 to 14 players.

Plan of Game. This game is played just like basket ball for women, according to the rules in Spalding's official rule book, except that, instead of the ball's being thrown into the basket, it is thrown at an Indian club or wooden pin which stands on the floor just under the spot where the basket would naturally be. Every time that the club is knocked over from a *field throw* it counts *two*, and when from a *free throw*, it counts *one*. A circle about 3 feet in diameter is drawn around the club, inside of which no player may step. If he does, it is a foul and a free throw is awarded the other side.

Remarks. This game is excellent for use in the upper grades, as children of that age are almost always eager to play basket ball, although they are really not large enough, on the average,

to be good basket throwers or guards. It also tends to make basket ball more feasible for such young children, and it gives them an opportunity to learn the rules of the game before they play it in the high school. This game may be substituted for basket ball when for any reason the goals are out of order, or when it is desirable to play out of doors where there are no goals.

ROUND BALL

Playground; gymnasium.

5th Grade through High School.

10 to 40 players.

Plan of Game. Players stand in a double circle with a wide space between players, and are numbered off by two's. All the *Nos. 1* are one team, the *Nos. 2*, another. Two basket balls are started around the circle, one by a No. 1 player, the other by a No. 2 player, and are passed in turn to each player on each team. Each time that the ball gets back to the one who started it, he calls out the number of revolutions that it has made. The team that first makes five revolutions, wins.

Remarks. This game is excellent preliminary practice for basket ball, and may be varied by requiring different methods of passing the ball.

Sometimes to avoid confusion with young players it is better to have separate circles competing.

SHUTTLE RELAY (More Difficult)

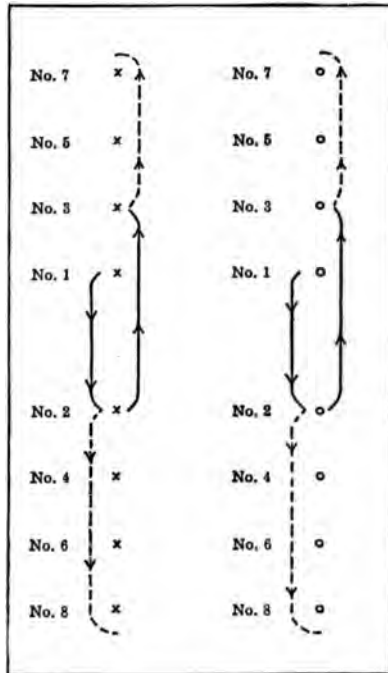
Playground; gymnasium; schoolroom.

Grades 5 through 8.

20 to 100 players.

Plan of Game.

Players are divided into two teams, A and B. Each team is divided into two files of equal numbers, which line up, facing each other, on opposite sides of the running space, in the same formation as in the simple relay. Players may be numbered in the order in which they run, as shown in diagram. On the signal, the first player (No. 1) of each team on the one side of the



SHUTTLE RELAY

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playground runs across to the line facing him (the other half of his team), tags the outstretched hand of the first player (No. 2), and then goes to the end of that line. The player thus tagged runs across to the file facing him, from which No. 1 came, and tags, in the same way, the second player (No. 3) there, who has stepped up to the starting line and become the first in the file. The game then continues in this manner until the members of the opposite files have all exchanged places. The team which first accomplishes this, wins.

VOLLEY BALL (Simple Form)

*Playground; gymnasium.
7th Grade through High School.
10 to 50 players.*

Plan of Game. The playing space is about 50 x 25 feet, or smaller, according to the size of teams playing. A net is drawn across the center, the top of which is about 1 foot above the heads of the average sized players. The players are divided into two teams of equal numbers, which are scattered over the two sides or courts of the playing space. A base is marked off at the back of each court, and each player serves from this base. The game begins by having a player from the team that wins the toss up stand on his base and serve the ball, which is done by tossing it up

a little from the left hand and batting it with the heel of the right hand, so that it goes over the net into the opponents' court. Should he fail to bat the ball far enough to go over the net, his teammates may help it along, using either one hand or two, and always batting upwards. If it then goes over, the other team tries to return it in the same manner, and so it continues until one team fails to return it. For beginners it is well to allow the ball to bounce once on the floor on the return (not the serve), as it makes the action more continuous. Any number of players may bat the ball in succession in order to assist it over the net. Should the server fail to get the ball over the net on the first trial, he is given a second trial. Should he then fail, the ball goes to the opposite side for the serve. Each player serves in turn, so it is well to have them numbered off before the game starts to avoid delay.

The *serving side only scores*, one point being gained every time the opponents fail to return the ball. When the serving side fails to return the ball, the serve simply changes, and no score is made. Every foul counts *one point*. The side that first gains 21 points, wins.

Fouls.

1. It is a foul to catch the ball.
2. It is a foul to throw the ball.

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3. It is a foul to send the ball out of bounds. When the receiving team does this, it counts one for the serving team; when the serving team does it, the serve changes.

4. It is a foul if the ball or a player touches the net.

Remarks. It has been found that it slows up the game very much with beginners, if every time the ball or a player touches the net it is counted as a foul, so it is suggested that this point be eliminated until the children become more expert. With advanced players, do not permit any one player to bat the ball more than two times in succession.

SOCCER FOOTBALL

Playground.

8th Grade through High School.

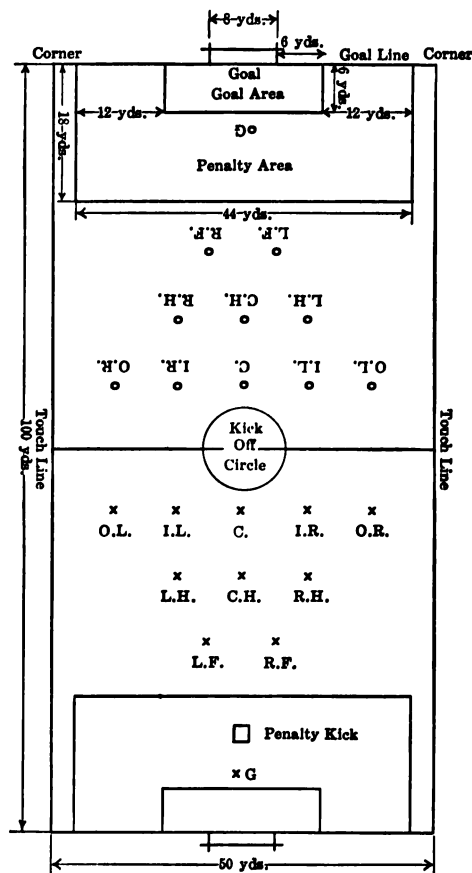
22 players.

Plan of Game.

Field. 50 x 100 yards or 40 x 80—according to the age and experience of the players. A line is drawn across the center, dividing the field into halves. Side boundary lines are called the *touch lines*, and lines at either end are *goal lines*. In the middle of the center or “halfway line” is marked off a circle, 10 yards in radius.

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Goals. At either end of the field, two posts, 8 yards apart, with a cross bar 8 feet above the



SOCCER FOOTBALL

ground, are placed in the middle of the end or "goal" line. Lines 6 yards long are drawn 6 yards out from each goal post at right angles to the goal line and connected by a line parallel with the goal line. This space is the *goal area*.

Outside the goal area is the *penalty area*, a space 18 yards out from the goal lines and 44 yards long. When a foul is made within this area by the defenders, a penalty kick is given the attackers. This is taken from a point 12 yards from the goal, and there can be no player but the goal keeper between the kicker and the goal. The goal, if made, counts one point.

Teams. Eleven players constitute a team, named as follows: *center; inside right; outside right; inside left; outside left; left, right, and center halfback; right and left fullback; goal keeper.*

Points of Play. The game begins with a kick off by the center of the team winning the toss-up, in the direction of the opponents' goal. The ball is in the middle of the circle on the center line and the players are arranged as in the diagram, the center being outside the kick-off circle behind the ball. All players but the fullbacks run forward with the center as he kicks, and the opponents try to block the kick. No opponent may stand within 6 yards of the ball until it has been kicked off. Should this rule not be followed, the

kick off is taken again. The ball is then kicked back and forth until one side makes a goal. After a goal is made the losing side kicks off.

Playing Time is divided into halves, of fifteen minutes or more, according to the age of the players. At the beginning of the second half, the kick off is taken by the opposite side to the one that kicked off in the first half.

Score. Every time the ball is kicked between the goal posts from outside the penalty area by any player of the attacking side, it scores *two points*. When kicked from within penalty area, it scores *one point*.

Rules. 1. When the ball is sent behind the end boundary line by an attacker, a member of the defending team *may drop kick* it back, as nearly as possible from the point where it went out. If a member of the defending team sends it over the end line, an attacker may kick it back from a point 1 yard from the nearer corner. No opponent is allowed within 6 yards of the ball. This latter kick is called a *corner kick*.

2. When the ball is sent over a side line, it is *thrown* back into the field of play by an opponent, at the place where it crossed the line. The ball is held in both hands and thrown over the head. The thrower may not touch the ball **again** until someone else has played on it. No goal may be

scored from a throw in. The ball is said to be "in touch" when it goes over the line.

3. Players may not touch the ball with their hands, but must use the feet, the chest, the shoulders, and the head in order to stop or to advance the ball. Failure to follow this rule results in a free kick for the opponents.

4. A free kick is a kick at the ball without any interference. No player may stand within 6 yards of the ball. The kicker may not touch the ball again until it has been played on by another player. A free kick is awarded to the opponents when a player touches the ball with his hands, holds, pushes, trips, or jumps at an opponent. It is taken on the spot where the foul occurred.

5. The goal keeper may use his hands in stopping the ball, but he may not carry the ball.

Remarks. In coaching beginners, teach them first how to kick the ball in various directions with both the right and left foot, and then how to dribble the ball with either foot. Next have them practice passing it to each other with their feet, as they advance down the field. They must then try stopping the ball when it is in front of them and they are running after it; this is done by running beyond it, and kicking it backwards with the sole of the foot. This play is often used to keep the ball from going out of bounds. To stop

a ball coming toward a player, when it is on the ground, the player brings his heels together with his toes pointed out in a wide triangle, and catches it between them. To stop a ball in the air, he must present his head, shoulder, or chest as resisting surface, and let the ball rebound therefrom.

When the players are lined up in their positions, have them practice advancing down the field, *keeping their relative* positions all the way, in order to avoid bunching or crossing over. Emphasize the fact that the halfbacks must stay behind the forwards and back them up.

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